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Imogen!

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SPLATTERS
BLATTER!



THIS WEEK

10-16 JUNE 2011

Nuts NEWS

- 4** Nuts exclusive: Imogen Thomas!
- 12** Blatter splattered!
- 14** *Modern Warfare 3*!
- 16** *Need For Speed*!
- 18** Essex's Maria!
- 18** New Mercedes!
- 23** Arctic Monkeys!
- 24** Awesome Apache!
- 26** Lorry trashes bridge!
- 30** Jim Jefferies



Arctic Monkeys! p23

Nuts FEATURES

- 40** Next Top Model
- 42** Snoop Dogg
- 44** Nuts goes on holiday with Kammy!
- 48** Silly strip clubs!
- 50** It's Elle!



Snoop Dogg! p42

Nuts SPORT

- 54** Euro Under-21s preview!
- 56** Kammy's column!
- 58** Prem's best boots!
- 61** Nuts About Sport
- 62** Ring Of Truth
- 65** Quote Me On That!



Dimitar Berbatov! p58

Nuts REAL GIRLS

- 66** Bedroom Babes
- 69** Our Postbag
- 70** Real Girls, Real Places
- 73** Ladies Confess



Sarah! p66

PLUS!

- 28** Rude News
- 32** Don't Look
- 33** Gear
- 34** Letters
- 35** Spam
- 36** Jokes
- 38** Pop Out In Public
- 39** Camera Phone Comedy
- 74** Fashion
- 76** Reviews
- 78** TV Guide
- 90** Pub Ammo

GIRLS!

Imogen Thomas! p4



IN Nuts!



CARS!

Merc SLS Roadster! p18



STARS!

Kammy on holiday! p44



IN THE Nuts OFFICE!



Panning for gold with the Discovery Channel



The True Blood vamps get a taste for Nuts man

FOOTY!

Daniel Sturridge! p54





NUTS EXCLUSIVE!

Imogen Thomas!

UNCENSORED!

The most famous woman in Britain right now, on men, fame – and putting the record straight!

Over the past two months there's little doubt that former *Big Brother* babe Imogen Thomas has been the most talked about woman in Britain. Her affair with a world-famous married footballer and his subsequent superinjunction has become one of 2011's biggest talking points.

And when a politician named the player in parliament, the story went into overdrive, earning 28-year-old Imogen even more column inches and now, Britain's biggest honour – the front cover of *Nuts*!

When we met Imogen, we still weren't allowed to ask about the frisky footballer but we were allowed to snap the scorching snaps you see today. A happy outcome for all concerned! ➔

A woman with long, dark, wavy hair is sitting on a white surface, leaning back on her right arm. She is wearing a black lace bra and leopard-print underwear. She is also wearing black sheer tights and black high-heeled shoes with a tan-colored toe cap. She is looking directly at the camera with a slight smile. The background is a plain white wall.

**"A PHOTO SHOOT
LIKE THIS REALLY
BOOSTS MY CONFIDENCE!"**

Hi Imogen! Welcome to your Nuts photo shoot! So, how are you doing? I'm OK at the moment, actually. Much better. Obviously, I've been through a lot but I had the best day of my life yesterday, just getting out and having fun. I went to the cinema with my friends. I know that's really sad but I went to see *The Hangover 2*. That sounds sad but because of everything that's been going on, I've found it hard to go out because of the paparazzi. It affects your confidence, so to do a shoot like this really boosts my confidence. **Thus proving the positive power of a Nuts photo shoot!** Yeah!

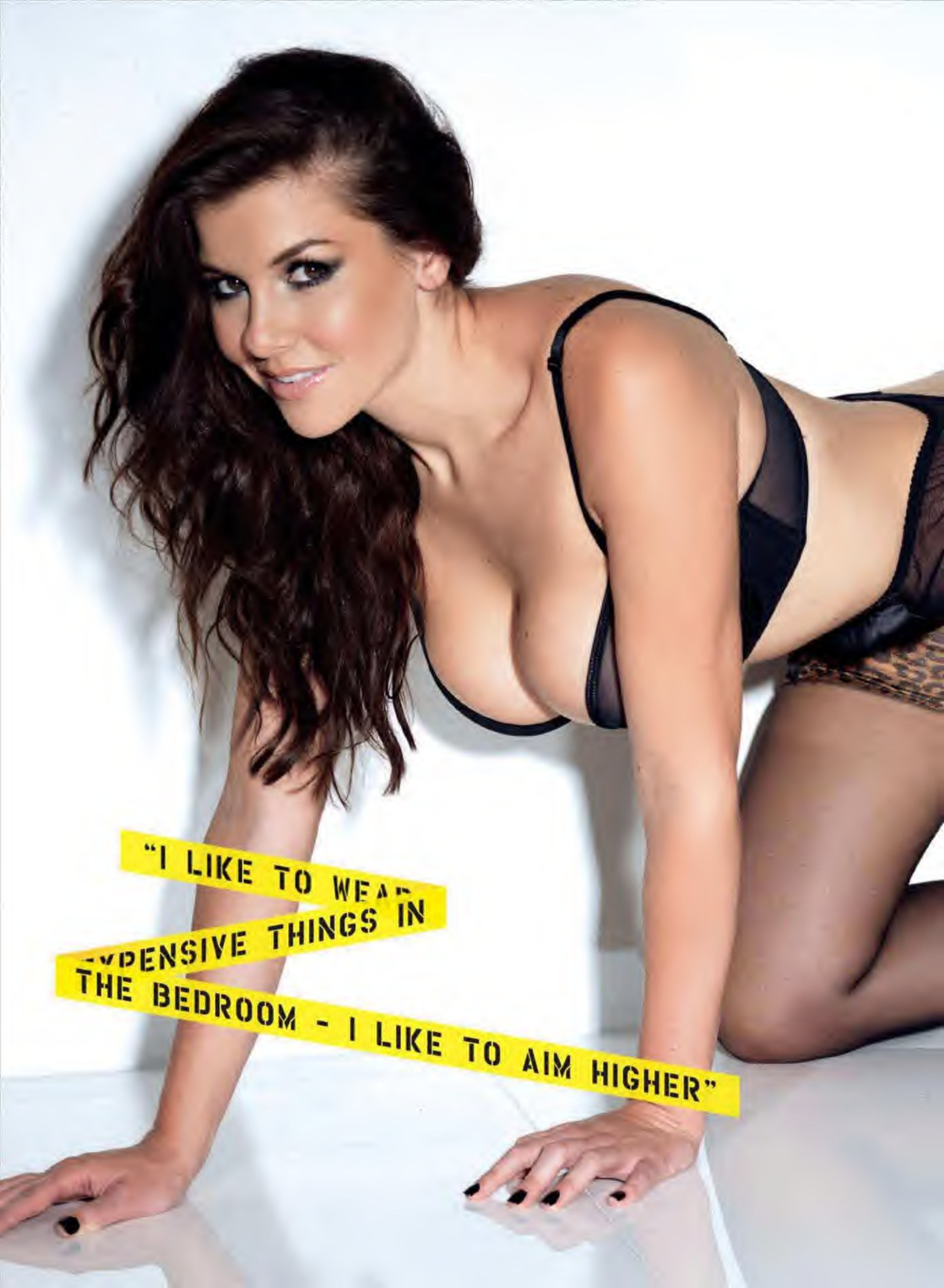
How do the last few weeks compare to the time after you came out of the *Big Brother* house? Nothing really prepared me for what was ahead. Going on *Big Brother* – being thrust into the limelight – you're prepared for it, where as this time round, it was like, "Whoa! Crazy!" It went so big, it was a lot to deal with.

Before you entered the *Big Brother* house, did you have any kind of inkling of what true fame could be like? When I went on *Big Brother*, nobody really knew what you could get out of it. I thought I'd come out of the house and be lucky to get one modelling shoot. I never thought I'd be working so far down the line.

Is it true you've been asked to go on the next *Celebrity Big Brother*? Because we might have heard a rumour... I'd like to go on! I think you'll have to wait and see. I'm not allowed to say!

And is it also true you're climbing Mount Kilimanjaro soon? I was meant to be climbing it in two weeks' time but because of everything that's happened and is going on, I can't do it, so I've put it back to a later date. I'm doing it to raise money for Children's Hospices UK. I've raised £3,500 so far, and if anyone wants to donate, they can do so at www.justgiving.com/imogenthomas or they can follow my progress on my website, which can be found at imogenthomasofficial.com. ➔





**"I LIKE TO WEAR
EXPENSIVE THINGS IN
THE BEDROOM - I LIKE TO AIM HIGHER"**

We most surely will! So, what other exciting stuff do you have in the pipeline as a result of your heightened fame? This is going to sound really boring but I can't really talk about them. But I've got some really good, exciting things!

What is it about photo shoots like this one that provide such a boost? You've got nice lingerie on, you get your hair and make-up done, people fussing over you and making you look nice...

Did you like what you were given to wear? What were your favourite outfits from today's shoot? I really like the see-through all-in-one, it was lovely and really sexy. And the high-waisted knickers were very sexy. I'm actually taking some of the shoes home!

Do people send you underwear now that you're famous? I've been sent loads of lingerie lately, quite a few things. Silver linings and all that!

Is this the kind of stuff you'd wear in the bedroom?

Definitely! I like expensive things in the bedroom. I like to aim higher.

You're from just outside Swansea... And I'm very happy that they're in the Premier League! They worked really hard. Well done! I was really happy for them. Last year, ➔





IMOGEN THOMAS

“PEOPLE THINK I’VE
BEEN WITH SO MANY
FOOTBALLERS!”

they did well and lost at the last minute. I’ll be following them, defo! I’m not going to any matches, though, but I’m really proud of them. But as soon as I congratulated them on Twitter, people were like, “Oh, you’re after Swansea players now?” I mean, seriously! I’m not allowed to give them a bit of support?

First Welsh team in the Premier League... Exactly!

So, has the way you feel about men changed in the last few weeks? Ha-ha! I did joke on Twitter that I was going to turn lesbian – that was a *joke*, by the way! Not into girls at all! I said that I think my life would be less complicated if I liked women but that was a joke. My whole confidence has changed though, I have a real lack of confidence.

And trust? Oh God, yeah, I don’t trust anyone. Horrible, isn’t it?

What sort of blokes do you generally go for? You know what? With guys, it changes all the time. I like tall, I like good-looking, but I can also go for a guy who isn’t necessarily that good-looking but is really sexy and charms me.

Is it fair to say, though, that you’re not on the lookout right now? Definitely not. Sorry, *Nuts* readers! I just want to sort my head out, and my life out.

Darn! Even so, how could a *Nuts* reader chat you up? If they were to see me in a club, understand that I hate one-liners. No cheesy lines. I like the arrogant guy who isn’t really looking at me, not really paying me attention, but I catch him on the sly having a look. I quite like a guy who’s going to give it a bit of “not really bothered”. But then I know I can try to pull him!

A lot of the *Big Brother* girls have complained to *Nuts* in the past that nobody tries to chat them up. Really? For me it was the opposite. So many guys wanted to talk to me because I was on the show!

Is there a specific appeal about footballers? Oh my God! People think that I’ve been with so many footballers but it’s just two. One of the newspapers printed recently that I’ve been with about ten, and eight of them I’ve never even met in my life!

Were any of the eight that you hadn't met real mingers? I'd never even seen them! It's all a bit embarrassing. I like rugby guys. I was brought up in the rugby world. I think it's because you go to clubs in London and there's always lots of footballers there and lots of models there with them...

What's that like? Football stars flash their money and the girls come running? I go to clubs that aren't like that at all, not on the scene, no paparazzi. I don't like that whole thing, it's really pretentious. I've been into clubs where there are footballers standing over there, girls in their little miniskirts standing next to them wanting to get invited to their table. That sort of thing. That's not really me.

Can you understand the appeal of behaving like that? No, not at all. I don't see the appeal at all.

Is it true you were dating Russell Brand? Yes! But you can't ask me about him!

We were just going to ask if you recognise him now that he's all settled down and married!

I'm really happy for him. I can't believe he's married, I think he's great. He's a really funny guy and a cool guy to be around.

Have you had any messages of support from him? No, he's married!

It's been reported in some quarters that you've been seeing Jermain Defoe again...

Oh my God, absolutely not!

I can put that straight right now! I went to a health spa and, apparently, he was there at the same time but I didn't see him – apparently, we were there together! I don't know when.

I didn't see him because I was in my room the whole time. I didn't even go down for dinner. I was fuming about that. I think he has a girlfriend. That's really bad!

Isn't dating a footballer more trouble than it's worth? This is what I'm saying. Why on earth would I be out with Jermain Defoe after all I've been through? That's not in my interests! I'm not even looking now – I'm not ready to look now.

Thanks for the chat, Imogen, Finally, would you date a footballer again? No. Never! ■



Nuts NEWS

GETTING ONE IN THE FACE, EVERY WEEK!

Nuts Splatters Sepp Blatter!

We stick Fifa's idiot president into the stocks and pelt him!



BUFFOON!



England's cricket team adopted a radical new training regime

EAT IT, BLATTY!

Hands up who likes Fifa top bod Sepp Blatter? As we thought – not a man-jack among you! Yet despite Fifa being swamped with allegations of bungs and corruption which probably lost England the 2018 World Cup, this scandal-soaked scallywag has walked unchallenged into the presidency for the fourth time. It's a ruddy outrage!

So we thought we'd introduce Sepp (or rather, our hapless "lookalike") to a new kind of bung – the bunging of tomatoes and eggs at his head by enraged footy-loving members of the British public! Take aim people – splatter Blatter and feel better!



ON HIS HEAD!

12 Nuts

It was a very one-sided game of catch



GOOOOAAAL!

"Your full English, sir!"

The vote on vigilante justice ended in a tie

TAKE SPLAT!



Sepp shooters!

Nuts readers tell us what they think of the Blatty-man...

GLEN

21, Southampton

"If this was the real Sepp, I'd be hurling more than a few tomatoes. Maybe a coconut!"

CARLO

31, West London

"He's a nasty, fat man. If he's taking bungs, he must be spending them all on pies!"

MARSTON

21, Romley

"I think he's an idiot. So many mistakes. You know what? Give me another tomato!"

HENRY

27, West London

"He's a bit of a knob, really. In fact, he's a lot of a knob. A massive, fat knob!"

Guy Ritchie's remake of *The Dirty Dozen* was surprisingly low budget

IN YOUR FACE!



SPLAT PACK!

"Wow, I've really got egg on my face!"

INVASION!

The game starts with New York in flames. You fight as a Delta Force soldier tackling Russian invaders. Battle your way down Wall Street and onto the roof of a skyscraper!

"You were right, darling, we should've gone to Majorca!"

New York

The first level alone will leave you adrenalin-dizzy!

Nuts WORLD EXCLUSIVE!

Modern Warfare 3: first

Nuts man is first to get his mitts on world's greatest shoot-'em-up!

A few days ago *Nuts* man became the first bloke in Britain to play *Call Of Duty: Modern Warfare 3*. And he's now a wreck, because the game is so realistic, it's as close to combat as any

sane man would want to get. From the clank of empty cartridges on concrete to the recoil of the weapons, every detail is eerily accurate.

The story charts the outbreak of the Third World War. London,

Paris, Berlin, New York, Russia and the Himalayas are all on the front line and you flip-flop between playing a Yank and a Brit special-forces soldier. The environments are stunning and the gameplay leaves you

feeling like someone's flung a stun grenade at you!

The Spec Ops mode is ruddy mental. Rather than completing missions as before, you must now resist increasingly hardcore waves of attackers. By level 15,

London

In the UK, you play as SAS Sgt Michael Burns!

Arsenal step up their efforts to make Fabregas sign a new contract.

TERRORISTS!

A terrorist plot is foiled and as they escape through the tube system in a hijacked train, the SAS give chase in lorries. You're on the back of one, taking lives!





DOG FIGHTS!
Board a Blackhawk on the roof of New York's stock exchange, man the mini-gun and swoop through the city's concrete canyons duelling with enemy gunships!

"Did anyone order a gunship?"
"No, sorry, mate, it's not us"

t play!

Nuts man was tackling Russians, dogs, choppers and those tricky juggernauts from MW2!

It's not out until November, which gives us four months to train for it. Now, where did we put that camo stick?



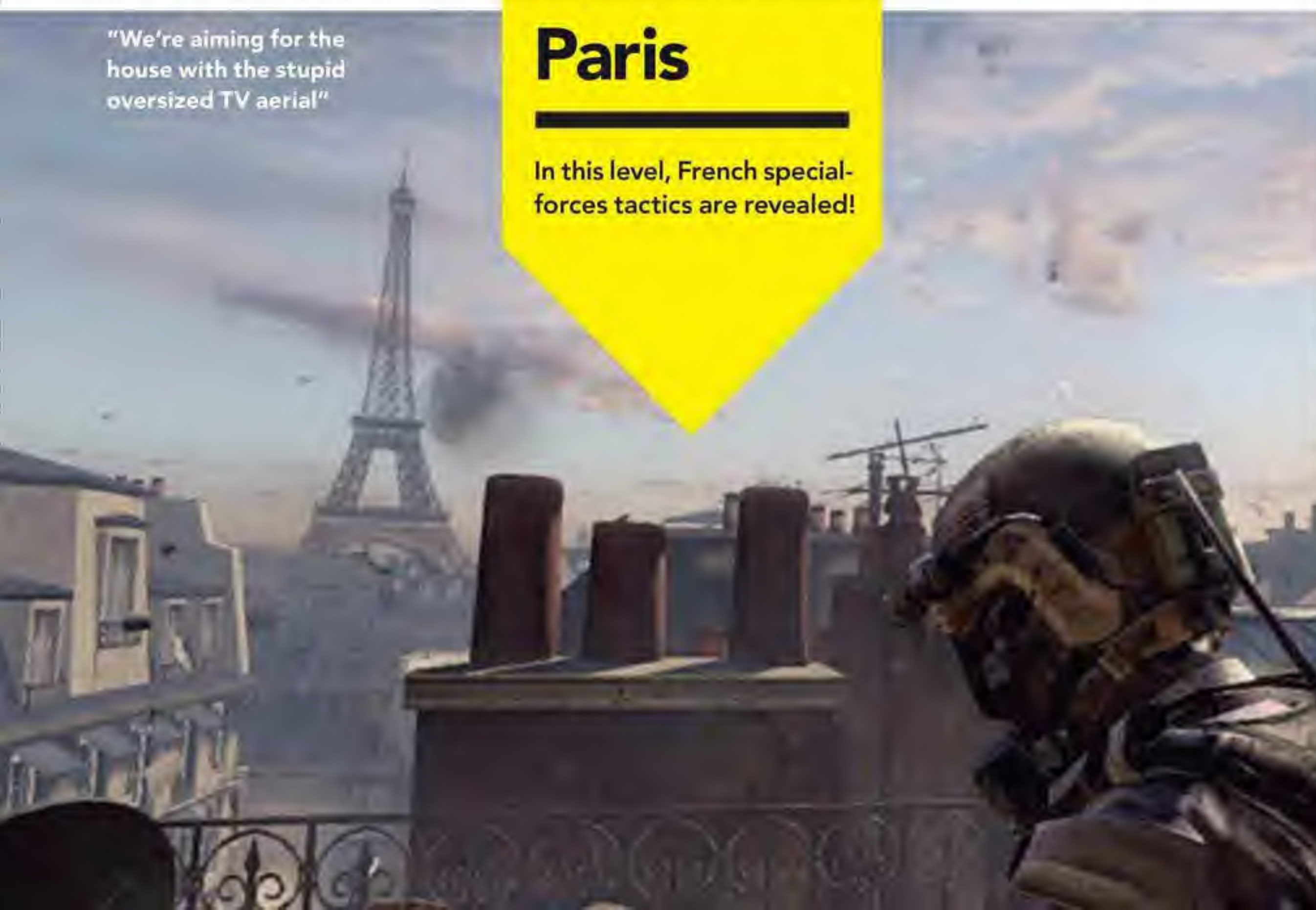
OK, so maybe he took it a bit too seriously

NUTS MAN!

"We're aiming for the house with the stupid oversized TV aerial"

Paris

In this level, French special-forces tactics are revealed!



Call Of Duty Elite!

Add a new dimension to your online gaming with CoD's social network!



WHAT IS IT?

A new online service to be offered when MW3 is launched in November with four key elements – Career, Connect, Compete and Improve – that you can access via Xbox Live, PSN (if it's working!) or your PC.

WHAT'S "CAREER"?

This page shows your overall stats, your kill-to-death ratio etc, but also heat maps charting every kill and death on every map so you can spot the points where you either dominate or struggle.

AND "CONNECT"?

This is the social networking bit which will let you to join groups based on mutual interest. Hey, there could be a Nuts Army!

WHAT'S "COMPETE"?

This is where you can take on the world in clan tournaments or lone-wolf missions to win prizes such as iPads!

AND "IMPROVE"?

This is where you get expert advice about maps, weapons and perks.

WHAT'S THE DAMAGE?

Price hasn't been revealed yet but multiplayer will remain free, as will some of Elite's services. A premium membership, we're told won't be super-expensive and all future map packs are included in the price!

Nuts EXCLUSIVE!

Need For Speed: The Run first look!

Prepare to tear up America!

Fans of highly illegal street racing – rejoice! *Need For Speed* is screeching back to the murky underground US racing scene. You'll be hunted like a dog by the police and fellow boy (and girl) racers as you tear through famous cities, icy mountains and canyons tighter than a crab's bum. Due to pull in on 18 November and looks bloomin' ace!

WORDS: DAN CURLEY

ROAD RAGE!

Getting frosty!

The *Run* uses the Frostbite 2 engine – the super-tech that fuels *Battlefield 3* – to create graphics so rich your eyes will need liposuction.

Guns on the run!

Police choppers will arrive to make your life merry hell by spraying you with machine-gun fire. Floor it!

Stat attack!

The Autolog function from last year's mega *Need For Speed: Hot Pursuit* returns to track your stats online.

CAR-NAGE!

SOMEONE HAS TO FIX THE PROBLEMS

"A BRILLIANT,
BRUTAL
ACTION THRILLER"



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ACTION OVERLOAD!"

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Nuts EXCLUSIVE!

Essex's Maria tosses her top!

"My bosoms must breathe!" says the fine Ms Fowler, probably...



It seems like the whole of the cast of *The Only Way Is Essex* are on holiday at the moment, which is nice for them and also nice for us because as we all know by now, the show's stuffed to pinking point with delightful ladies. Like the magnificent Maria Fowler here, for example!

And the good news is that Maria has a) followed the "tootle off somewhere hot for a break" route, and b) decided that it's just a bit too hot to necessitate a bikini top. Which means the unleashing of two of 2011 telly's biggest new stars, and a liberal coating of suntan lotion for good measure. May we suggest they permanently relocate the show to Spain? Just a thought.





SHE'S REEM!



Only now did she realise that she'd forgotten something



Luckily for us, she's terrible at tying knots



Mr Sunbed knew he was in for a real treat

Merc's megacar!

The SLS AMG is Mercedes' sexiest car – and now they've made a drop-top version! Better buckle up and hold on tight!



- The SLS was the first Mercedes to be designed by the German firm's official tuning department (AMG) from scratch. Why was the SLS awesome? 563bhp trying to exit through the back tyres, that long bonnet and those iconic *Back To The Future*-style gullwing doors!

● Going on sale this autumn is this, the SLS AMG Roadster. Like the coupé, the Roadster was designed by a talented Brit fella called Mark Fetherston and features a folding roof that

opens in 11 seconds while you drive (up to 31mph). You can order the triple-layer cloth-top in black, beige or lipstick red.

- Because of that convertible roof, there are no gullwing doors. Reinforced aluminium stops it wobbling like a salad-dodger's belly, so the Roadster weighs 1,660kg – 40kg more than the coupé.

6.2-LITRE V8!



0-62 IN 3.8 SECS!



- The good news is that it keeps the SLS interior, and if you get bored of the V8, you can order it with a banging Bang & Olufsen audio system and mobile internet access.
- Depending on whether you're showboating, enjoying the potholes or trying to not crash on the race track, the Roadster comes with a three-stage active suspension system not yet available in the coupé. Choose between Comfort, Sport and Sport+. Be warned – Sport+ is stiff enough to make even the most gym-conscious gent look like he's got moobs!
- Just like the coupé, the Roadster retains the 6.2-litre AMG V8 that doesn't need any turbos or superchargers to punch out 479lb-ft of torque and 563bhp. Merc says it'll blast 0-62mph in 3.8 seconds and top out at 197mph. Which would be pretty punishing on your hair follicles with the top dropped.
- The price tag isn't confirmed yet, but with the SLS coupé costing £168,400, expect the Roadster to come in at £10,000 or so more.



The facts

- Engine: 6.2-litre V8
- Power: 563bhp/479lb-ft torque
- Top speed: 197mph
- Weight: 1,660kg
- 0-62mph: 3.8 seconds
- Price: around £180k



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Their mums had made sure they wrapped up warm

A QUICK WORD WITH...

Alex Turner

IN TUNE!

Arctic Monkeys' frontman on the new album and "his" propeller!

Hi Alex! It's been a couple of years since the band's last album. Have you just been monkeying about? It doesn't seem that long for us. Some people say it seems like a really big gap and, to others, it only seems like yesterday. We tried to get back into the studio as soon as we could. We stopped

"My Propeller isn't about a certain part of my anatomy!"

touring this time last year and the plan was to go straight into the studio and get going. Er... so what happened? When we got in there, it turned out we didn't have many ideas! We'd forgotten to write any songs, so those couple of months after we'd done the touring we were trying to get some together. We can't help but notice your new album's quite a lot slower. Everything on the first album was so fast because we just didn't have time to hang about. It was like, "Quick, come on! Let's get on with it!" It's like we'd never dream of changing the key in them days because it just took

too long and everyone would be p*ssed off by the time you'd worked it out. It's the same with my singing back then. We had a sh*tty PA so that's why I'm shouting on it and singing so high – to try to cut through everything! But now we have the luxury of time, so it's slower and me singing rather than shouting. We read that you're "the people's poet". Are you really? Nah, I'm just a bloke writing a few words! I'm only just starting to get comfortable with being known as a songwriter! But I do recognise songwriting as a craft now and that's something I want to practise and be good at.

Cheers, Alex. Finally, you know your song *My Propeller*, is it really about your willy? There's always been a f**king misunderstanding about the words of that somehow having a sexual undertone, which is just so way off it's ridiculous. If you were going to write that about yourself, then you wouldn't write "my propeller won't spin", would you? So I'll use this as another chance to set the record straight that it's not a sexual metaphor, or about a certain part of my anatomy!

Arctic Monkeys' album Suck It And See is out this week.

Apache gunship's amazing new tech!

Combat 'copter can detect enemy gunfire!

At the best of times, the US Army's Apache gunship is a helicopter to fear. But its new tech is making this battleship-on-rotors even more impressive. Infrared sensors on the 'copter's undercarriage detects the muzzle flash of speculative gunfire and returns the compliment. With a missile.

WORDS: RORY BUCKERIDGE ILLUSTRATION: BILL MCCONKEY



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Truck in a rut!

Actually, it's more like a ruddy big hole, now we look at it...



OVERLOADED!

"Time to take
Under The Bridge
off the playlist!"

You know how some bridges have those “maximum load” signs on them that tell you if your vehicle is going to be too heavy? Well, the driver of this truck would be well advised to read ‘em. The hapless chap overloaded his lorry with steel

pipes and, as a result, fell through the bridge in China’s Jilin Province, leaving a perfect truck-shaped hole. And all because the man exceeded the bridge’s 15-tonne limit by a matter of – ahem – 74 tonnes. Honestly, what do they make bridges out of nowadays? Matchsticks?



WRECKAGE!



Liv Tyler

In her new film *The Ledge*

Liv looks very excited in this clip from her forthcoming thriller, so we can only assume that she's just woken up from a lovely dream. Perhaps one about kittens or something.

Emma Watson

Pittsburgh, USA

Film lovely Emma didn't look too happy about her imminent gym visit during *Stateside* filming. We would like to state here that we, however, are delighted with the results.

RUDE NEWS

Making this the hottest summer ever!

Rosie H-W

Los Angeles, USA

Say what you like about the divine Ms Huntington-Whiteley – she can act, she can model, but she can't open a car door without a nipple slipping out. Just another reason to love her!

Tamara Ecclestone

Ultimo ad campaign

Fancy underwear maker Ultimo has chosen posh totty Tam as its latest campaign star. Therefore, we deduce that fancy underwear maker Ultimo has very good taste indeed!

OOPS!

WORDS: PETE CASHMORE PHOTOS: ANGUS YOUNG, TINI PRESS, SCOPEFEATURES.COM, WENN, SPLASHNEWS.COM, PACIFICCOASTNEWS.COM, PA PHOTOS

On *Britain's Got Talent*, ITV1

Enjoy this sight, gentlemen – and you will – because, lest we forget, the Girls who Roc didn't even get to last weekend's final. Honestly, sometimes we despair of this country!

Marbella, Spain

Everyone's in Marbella right now, it seems, but we can happily assure you they won't all look as foxy as *Emmerdale* babe Kirsty here. Top curves, Ms Porter! Top curves indeed!

NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!...

Nuts news
flash!

Sophie Howard on the Cheryl Cole debacle!

"I don't believe the Yanks can't understand Cheryl's accent. It's not that hard! Chezza's better off without the Americans, I reckon!"

JIM JEFFERIES!

It's the most offensive column on Earth!

GOES NUTS!

'Dear Holland, you are f**king idiots!'



Stone me, that's ridiculous!

Well, there's no point going to Holland any more because they're going to ban tourists from smoking cannabis! Are the Dutch f**king idiots or what? That's the only reason anyone goes to Holland! Who the f**k goes to the Van Gogh museum or Anne Frank's house if they're not stoned? I like tulips as much as the next man but not enough to get on a f**kin' plane to go see 'em! I've bought five pairs of clogs over the years. Do you think I'd have done that if I wasn't off me t**ts on weed?

Keep the Cole fired burning

Poor Cheryl Cole. She's been axed from *The X Factor* in the States and in the UK for reasons unknown. She was apparently asked to slim down by two stone and told that her accent was too thick. What the f**k? She looks great with her curves and it'll



"If Cheryl wants to lose weight, that malaria diet worked!"

be a cold day in hell when a f**kin' Yank tells a British girl she's too fat! Still, if she wants to lose weight, that malaria diet she was on last year seemed to work wonders for her!

They Shore are dirty

I know a job Cheryl *could* take – she could star on *Geordie Shore*, the new MTV show following the



antics of eight sex-obsessed Geordies as they drink, fight, snog, vomit and strip off in a hot tub. People in Newcastle are outraged, saying it borders on pornography and it offers a tired, outdated stereotype of people from the city. And I have to say I agree with them – it's ridiculous. I've never met a Geordie who owns a hot tub!

Cuclear weapons

Don't buy your cucumbers from Germany, people, they're full of E coli bacteria and they'll kill you all! So far, 13 people are dead and more than 1,200 infected, just from eating cucumbers! F**k me, folks, how boring are the Germans that the best they can come up with is a cucumber scare? At least the British had mad cows. Seriously, though, I don't know why we didn't think of this during the Second World War – after all, Hitler was a vegetarian!

Jim's almost-Father's-Day message

End-of-the-world update: it didn't happen on 21 May like that mad Christian Harold Camping said it would, but now it's been rescheduled for 21 October this year. That's actually my dad's birthday, which is a result, because at least it means I won't have to buy him a f**in' present!

Jim Jefferies: *Alcoholocaust Live* is out now on DVD



50 CALORIES

HYPOTONIC. HYDRATED. HAPPY.



[YOUTUBE.COM/LUCOZADE](https://www.youtube.com/LUCOZADE)

Lucozade

YES

LUCOZADE and LUCOZADE SPORT are registered trade marks of the GlaxoSmithKline group of companies

DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com

'Blood was squirting out of my arm!'

New Year turns nasty for unlucky reader!

New Year's Eve is a time to have a few drinks, celebrate... oh, and slice your arm to bits – if you're Chris Miller, 17, from Newtown in Wales, that is!

Engineering student Chris tells *Nuts*, "It was New Year's Eve. As we left the house, I realised I'd left my phone behind. I turned and put my hand out as the door slammed shut – and put my hand straight through the glass!"

"It was extremely gory, with blood squirting out left, right and centre. I rushed to hospital where doctors told me the cut was millimetres away from my main artery. I could have died if that had been cut!"

"This is typical me, though. When I was 15, I managed to accidentally set myself on fire with petrol, but I haven't got any pictures of that!"

GASHED!

ON THE MEND!



"Who needs GPS? I've carved the route into my arm!"

Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2011 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com

"If I wiggle my arm about, it looks like it's talking! See?"

WORDS: RICH JENKINS *EDITOR'S DECISION IS FINAL
TERMS AND CONDITIONS ON PAGE 72 APPLY

Nuts GEAR



Sony DSC-TX10

www.sony.co.uk

Nuts says: This compact 16-megapixel snapper is waterproof to five metres, and can survive a 1.5m drop and temperatures down to minus 10C – so it's pint-proof! Also does HD video. Nice!

£300



£17

It works with almost any disposable-blade razor

Razor Sharp

www.razorsharpuk.co.uk

Nuts says: Fed up forking out for new razors all the time? This sharpener gives around 150 shaves per blade – just a few seconds and you'll never have to buy blades again! Well, not for a while.



You'll also be able to store footage on an SD card

Dewalt inspection camera

www.dewalt.eu

Nuts says: Camera on a cable so you can see around things and get a picture on a detachable screen.

£300

£60



Juice Pack Air

www.mophie.com

Nuts says: Hard-shell case that makes your iPhone 4 Armageddon-proof and acts as a secondary battery, doubling your on-the-go juice. It even beefs-up the phone's sound!

Check out more reviews at www.nuts.co.uk/reviews

YOUR LETTE

The latest sackful of stupidity sent in by you!

Send your Letters to nutsletters



"Mr Norton, your bonsai tree has arrived!"

We've got wood!

Dear Nuts,
On a recent visit to Spain I happened to notice this tree. Is it just me or does it look like it's sprouting penises?

Chris Collins, Southport

Chris, if they're that big around Southport way, the ladies there must never want to leave!

We can bare it

Dear Nuts,
This is me and the lads on Op Herrick 14. Just wondering if you could put this pic in your mag and send us some much-needed T-shirts!

Adam Howe, 1 Rifles, Afghanistan

We can indeed, if only to prevent more pics of naked blokes being sent to us! Actually, we're serious about that.

LETTER OF THE WEEK!



"Nice helmet!"
"Thanks! I polish it every night!"

Yanks a lot!

Dear Nuts,
We reckon this is the largest constellation of American Nuts fans ever. We love your mag out here!

Staff Sgt Michael Beck, 3rd LAR Bn Comanche Company, US Marine Corps, Afghanistan

Proof, if it were needed, that Nuts truly is the global magazine for blokes!

Extra magazines are vital during combat



Utter toilet

Dear Nuts,
I came across this urinal in a posh hotel on my travels. It said "M/W" on the door. I simply do not want to know!

Baz, Hants

We dread to think what the lavatories must look like!

The funfair had a rather unusual hoopla game



We like your stile

Dear Nuts,
While walking in the Peak District recently, I had to climb across this – proving that you can still get your leg over even in the countryside!

Kieran Walsh, Leicester
Had Snoop Dogg been rambling there and done a bit of name-carving?



"Coming rambling, ma nizzle?"

STEALTH BUMMING CORNER!

ONLY IN Nuts!



"Here I am, going to extreme measures with my boss to get a pay rise!"
Stuart Taylor, via email

RS!

@ipcmmedia.com or to the address on p72

Two vests: best

Dear Nuts,
Here we are in Tenerife, proving beyond doubt that nice things happen there too!

Sam and Kati, Tenerife
Paddling has never seemed so attractive, ladies!



"I told you they shrink in the wash!"

Cock of the walk

Dear Nuts,
I went down to Selsey for the day the other week and I was surprised to see directions to this oddly named nature area.

Jack Dadswell, London
We think we'd prefer to visit the region's celebrated Lady Gardens!



See more funny stuff at
www.nuts.co.uk/spambank

*EDITOR'S DECISION IS FINAL. TERMS & CONDITIONS ON PAGE 72 APPLY

Nuts SPAM BANK!

All-new online hilarity



"Samantha! I told you - not in front of the president!"



"Say hello to my pure-silk-and-cashmere-mix friend!"

Win Durex stuff!



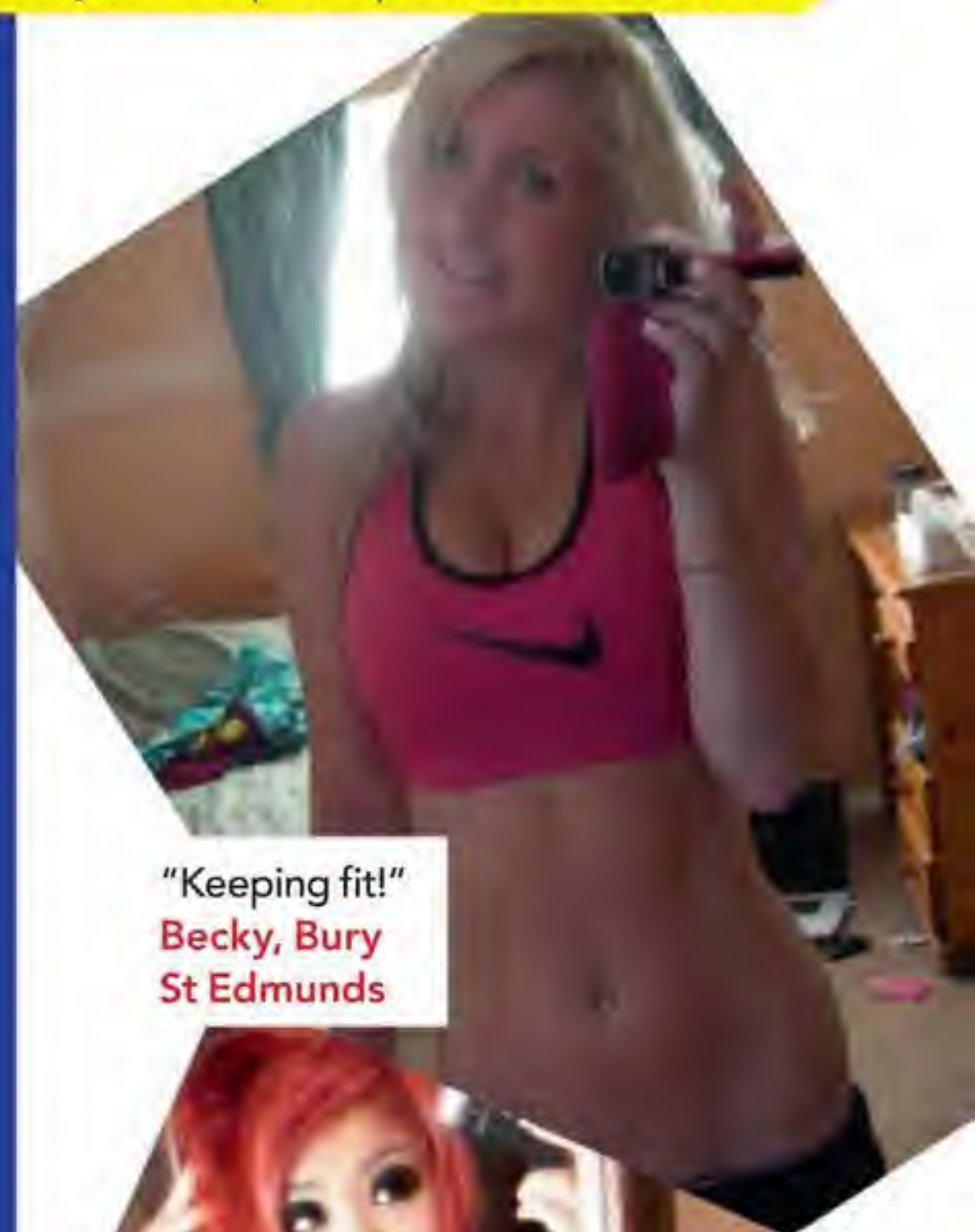
Send your letters, hilarious spam pictures and camera-phone cutie shots to: nutsletters@ipcmmedia.com or post them to the address on page 72. The sender of this week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply of Durex condoms, plus various other items to keep both yourself and your missus happy. Visit www.durex.co.uk for more information.

ONLY IN
Nuts!

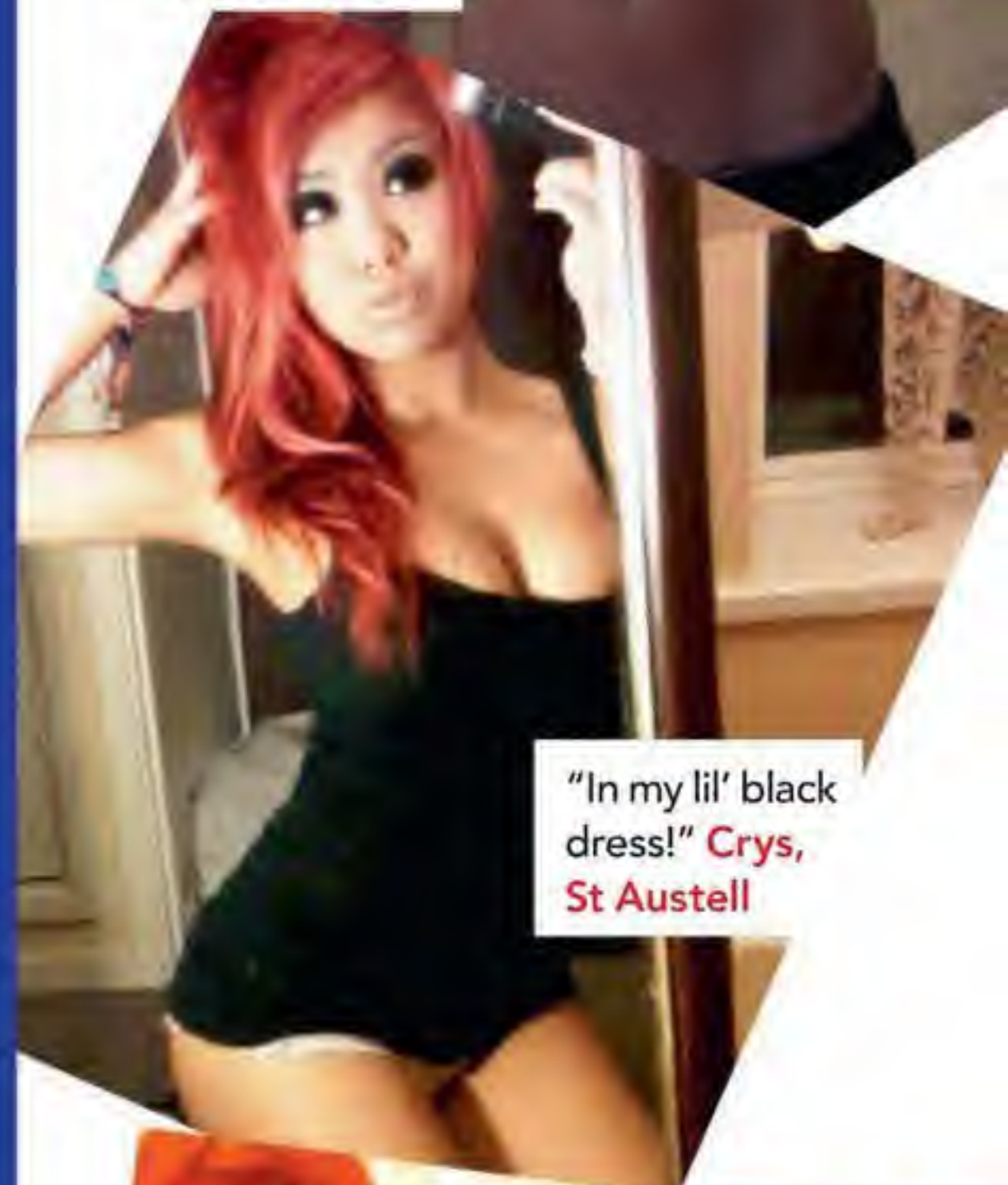
CAMERAPHONE CUTIES!

Sexy snap-happy babes!

Send us your pics! Text 'Nuts' and your sexy camera-phone pic to **0771 388 8008***



"Keeping fit!"
Becky, Bury
St Edmunds



"In my lil' black dress!" Crys,
St Austell



"I think this one's sexy!"
Kim, Paignton

YOUR JOKE

Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcmedia.co.uk

SHORT JOKE!

Imagine being Stephen Hawking's son. It'd be impossible to follow in your dad's footsteps.

Paz, Peterborough

Q: What's the difference between a toolbox and the Premier League?

A: There'll still be hammers in the toolbox next season!

Wes, via email

Two fat men in a pub. One says to the other, "Your round." His pal replies, "You can talk, chunky!"

Richard, Bristol

Q: Why did the Mexican push his wife off the cliff?

A: Tequila!

Charlie, Bradford

Q: Where did Osama bin Laden wear his watch?

A: On his terror-wrist!

Noel, via email



He was totally trolled

JOKE OF THE WEEK!

Quaking oats

A bloke was arrested in a local supermarket recently for having sex with a packet of oats. He wasn't worried about going to prison, though, as he'd already done porridge!

Lee, Thetford

Drive angry

After 12 attempts, a woman finally passes her driving test. Her husband asks, "What can I get you as a reward?"

The wife replies, "Oh, just something cheap to run around in."

So the husband buys her a pair of trainers.

Dom, Maidstone



"Watch out! There's a beaver!"

Chokey jokey

A new prisoner meets his cellmate, a bloke of about 90 years old.

The old-timer says, "I'm old and worn out now, but I used to live the life of Riley. I holidayed five times a year, I owned a boat, four sports cars, had the most beautiful women, and I ate in all the best restaurants."

The newbie asks, "So what happened?"

The old crook answers, "One day, Riley reported his credit card missing!"

Ian, St Albans

You've Bin Framed

Even though Americans and Brits speak the same language, there are a few subtle differences between British English and American English.

They say "sidewalk", we say "pavement". They say "pants", we say "trousers".

They say "buried at sea", we say "naked and chained to a metal bed frame with a car battery connected to his b*llocks while being beaten for answers"!

Greg, Lincoln

Another Hasbro exec was fired



No brainer

A brain walks into a bar and says, "I'll have a pint of lager, please."

The barman says "Sorry, I can't serve you."

"Why?" asks the brain.

"You're already out of your head!"

Dan, Walsall

Win a barbecue!

This week's best joke wins a Marco Pierre White Olympic 3 barbecue, courtesy of HeavenChef. Nuts readers can also get 30 per cent off HeavenChef's barbecues. Use the voucher code NUTS30 when purchasing a barbecue at www.heavenchef.co.uk



S!



dia.com or to the address on p72



When Santas go bad!

Hell of a time

A bloke dies and finds himself in hell. He meets the devil, who says, "No need to look so sad – we actually have a lot of fun around here. Do you drink?"

The man nods.

The devil says, "Great! All we do on Mondays is drink booze all day. Whisky, beer, brandy... you name it! Now, do you smoke?"

The newly dead bloke nods excitedly again.

"Great news," says the devil. "All we do on Wednesdays is chain-smoke cigarettes. Any brand, as many as you like."

The man's now very happy and looks forward to settling in when the devil remembers something. "One more thing," asks the devil. "Have you ever had an extreme colonic irrigation before?"

The bloke looks puzzled and shakes his head.

"Oh well – you're going to really hate Tuesdays, Thursdays and Fridays then!"

Wesley Champion, Southend

FAMOUS BLOKES' JOKES!

JIMMY CARR:

"I know a couple who get on like a house on fire. They both feel trapped, and are slowly suffocating to death!"

CHRIS RAMSEY:

"I've just bought a hip-hop back scratcher from a guy on a street corner. It's well gangster! Now I've got 99 problems but the itch ain't one!"

JASON MANFORD:

"My dad says Manchester's weather is like Iraqi Muslims – either Sunni or Shi'ite!"

MILTON JONES:

"I always wanted to go swimming with dolphins, but they both died in the car on the way to the baths!"

JACK

WHITEHALL:

Anne Robinson is sad to be leaving *The Weakest Link*, but her surgeons are going to put a brave face on her!

JONAH HILL:

"To most, they're known as Bin Laden's wives, but to me, they'll always be Najwa, Mahida and Wahabi from *Real Housewives: Pakistan*!"

PETER SERAFINOWICZ:

"Well that's 90 minutes I will get back" – Buddhist after watching sh*tty film"

PHIL NICHOL:

"They say being a hostage is difficult, but I could do that with my hands tied behind my back!"

POP OUT IN PUBLIC!

ONLY IN
Nuts!

Have a cheeky flash – and earn some cash!



ON THE TRAIN!

HOLLY 18, from Pewsey
"A little naughtiness on the 9.15am!"



THIS
WEEK'S
£100
WINNER!

IN THE WOODS!

POPPY 25, from Liverpool
"If you go down to the woods today, you're sure of... boobs!"



IN THE GARDEN!

ELIZA 20, from Leamington Spa
"I think the neighbours might have spotted me this morning!"



AT THE CAR PARK!

Win £100!

All printed pics get a Nuts vest-and-shorts combo. The winner gets £100!* Send your snaps to nutspopout@ipcmedia.com or by text to **0771 388 8008**.

POLLY 19, from Lancaster
"I paid – and then I definitely displayed!"

CAMERA PHONE COMEDY!

ONLY IN
Nuts!

Win £100!



Seen something daft? Snap it, send it in and win £100!

Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** Terms & conditions on page 72.



PIC
OF THE
WEEK!

FOIL FUN!

"I came home from work to find my mates had got bored!" **Aaron Harden, via text**



RUDE FOOD!

"Ah, my kind of restaurant! Barcelona's finest, surely?" **Anon, via text**

NAFF TATS!
CORNER!



"Some might say this is naff but I reckon it's ace! It says it all, really!" **Stu Grundy, Solihull**



BAD SIGN!

"There's no need for them to be so brutally honest!" **Anon, via text**



REAR ROLE!

"I applied for this job without even asking about the wages!" **Anon, via text**



CRAZY COST!

"There are some great savings to be had at my local Tesco!" **Terry, Dungannon**



DODGY DRINK!

"I doubt I'll be taking up this offer on drinks!" **Jonathan Brown, Doncaster**

NEXT TOP MODEL

Nuts NEXT TOP MODEL!

ONLY IN
Nuts!

Introducing the hottest new models - in their first ever Nuts shoot!



Carianne! The 32D Twickenham fittie!

Hello Carianne! How are you enjoying the *Nuts* shoot? It's amazing! I'm really excited to be finally getting my boobs out for *Nuts*, so I hope you all appreciate them! It's not every day you get to spend the afternoon getting naked and strutting your stuff, I can tell you!

What other modelling have you done? People might've seen me on Page 3! I've had my boobs out a few times. I'm used to it now!

Who's your modelling hero? Rosie Jones! She's proper fit and has an incredible body. I'd love to do a shoot with her!

What features do you look for in a bloke? I like someone who's tall, sexy and masculine, preferably with blue eyes. That's quite specific, isn't it?

Yes, it is! What do you think is your best asset? My bum! I like it and loads of other people do, too. In fact, I was in a nightclub the other day and Ashley Cole

was there, and he told me I had a nice bum. I couldn't believe it!

How do you plan to take over *Nuts* in future? One step at a time, but I'd love to be on the front cover of *Nuts* one day. Hopefully, these pictures should get readers asking for that, too! **Finally, what would be the ideal location for your ultimate sexy shoot?** A pool in a really hot location. Then I could get all wet and sexy in the sun! I'm going to make that happen, one day.

Want more Carianne?

To see more Carianne in *Nuts*, text **CARI** to **86611**. Lines close 20 June. Texts cost your standard network charge. You'll receive a free message reply. Telecom Express helpline: 0870 880 4869





The rapper on his new album, Cheryl Cole and Charlie Sheen!

Hello Snoop! You're a big fan of the UK aren't you? When I was a young rapper coming up, I always loved the way the UK had a big respect for hip-hop and they always embraced hip-hop. When I first came to England, the people just showed me so much love and so much respect. It's been like that for so many years and when people give me love, I can't do nothing but give it back.

You're actually about 273 years old in dog years so will your new album, *Doggumentary*, be your last? No, 'cos this old dog is always up for some new tricks!

We hear you like our own Tinie Tempah. That true? Yeah, Tinie Tempah's blowing up in America. I might have to get him on one of my stages with me! **It's no secret that you also like the odd "jazz cigarette". Could you still make music if you quit smoking?** Could I have created this album without smoking? No, but I can't create things without smoking. I made three babies through smoking. I'm good at creating sh*t when I'm not smoking, but I choose to

have it. I wouldn't say as an enhancer, I'll say as a tone down. It keeps me mellow, it keeps me not doing crazy.

You use the odd rude word in your songs, either. Do your kids listen to your music? Yeah, they can listen to all my music. My music is the gospel in the house!

You recently recorded with Charlie Sheen. What was that like? Charlie Sheen was my friend before the media said whatever they said about him, and I don't judge my friends off of what other people are saying about them. If he's my friend, he's gonna stay my friend. He called me over for a session and as a friend, I came through for him. I felt like, knowing Charlie and knowing his mind state, it was a great move because he needed real people to stand by him and show him he wasn't as crazy as people said he was. Everybody got a little bit of crazy in them but it's just a matter of how much people over-

emphasise what you do, you know what I'm saying?

Er, not really... If you're still able to conduct business and live life and be a functional human being – to me that's not crazy. But

if you're following the guidelines of a situation that continues to put you in a box and you want to do other things, then I think you're crazy for staying in that situation. So he needs to be given more appreciation for who he is and what he's doing, as opposed to why he's doing it.

Er, still not quite with you! Is it true you want to do your own *X Factor* style show? *American Idol* and *The X Factor* are great shows but I need to make a show that's just straight, directed to the hood, to the audience that don't get that attention, that don't have no money to make those films – to represent raw talent and natural ability. So I'm looking for a deal for one of those TV networks to give Snoop Dogg his own hood TV show where I can find America's hottest new artists.

Do you know who Cheryl Cole is? Yeah.

And what do you think of her? Where is she? Is she in London?

Don't worry she's not here! You can say what you like... She's been doing her thing. I think she's a little bit hardcore, a little edgy but, you know, she's alright.

What do you say to people who criticise the state of hip-hop now? Hip-hop's in a great place and for those who have something negative to say about it – suck a fat baby's d*ck!

Blimey! Some people see you as a bit of a cartoon character. Does that annoy you? I am

a cartoon character! I'm gonna break that sh*t down for you real quick – there was a character created in the '60s by Charles Schulz called Charlie Brown, right, and there was a little white dog on there, his name was Snoopy, right? But see, what y'all don't know is Snoopy had a black brother named Snoop Dogg, but he couldn't bring it to the house 'cos the white family didn't really like black folks back then. So he kicked me out, I went to the hood, created my own name, he gave me a few dollars and told me... my little white brother Snoopy told me, "You're gonna have a cartoon life and you're gonna succeed!" And I have succeeded. And that's the story of Snoopy and Snoop Dogg, my little white brother. **Thanks for the chat, Snoop! Finally, there's not much you haven't done but is there anything you'd still like to try?** Yes, I want to open up a chain of supermarkets but I want to call them snoop-ermarkets! ■

*Snoop Dogg's new album *Doggumentary* is out now*





**"Smoking
keeps
me from
going crazy!"**

Departures



Kammy invited *Nuts* to Tenerife for some fun in the sun! Hooray!



1 ON THE PLANE!

Look who we bumped into on the plane! It's only Soccer AM host Max Rushden! He said something about getting tucked into a "proper" novel while we fell asleep with a copy of *Nuts*! Get in!



2 GOLFING WITH SOCCER SATURDAY!

Kammy, Merse, Charlie Nicholas, Thommo and Max asked us to play a few rounds. Thing is, golf doesn't have a net, a ref or even 11 blokes to play against, so we didn't have a clue what was going on!



DON'T BREATHE!

3 CAREFUL WITH THAT THING KAMMY!

We don't ever remember seeing somebody having a golf ball whacked out of their mouth during the Ryder Cup! *Nuts* man: "Are you sure this is in the rules, Kammy?" Kammy: "Just stay still!"



4 WATCH OUT, MERSE!

Nuts man: "Where to, Merse?"

Merse: "The 19th green, please, Nuts man!"

Nuts man: "The 19th what?"



5 HAVE YOU GOT A LICENCE FOR THIS?

One of the best things about golf is that you get to bomb about in these little buggies. We weren't quite prepared for Iain Dowie's "interesting" one-handed steering technique, though!



6 WATCH OUT DOWN THERE!

Max Rushden is pretty handy "on the green" (we've still no idea what that means). When we asked him to show us how hard he could whack a golf ball he took us up on the challenge! Top bloke!



7 CADDYING WITH KAMMY!

When Kammy asked us to make ourselves useful, we thought he meant go and get some beers in – not carry his bags around! Thanks for that, Kammy. Unbelievable!



8 ON SKY SPORTS!

The Soccer Saturday chaps had actually joined Kammy out in Tenerife for a charity golf tournament to help raise money for Marie Curie Cancer Care. Sky Sports were there to capture the action.



CHAMPIONS!

9 NICE ONE, THOMMO!

After plenty of shanks and slices, it was Liverpool legend Phil Thompson's team that were crowned the champions. What's more, the chaps helped raise £20,000 for the charity. Legends! ➡

SOCCER SATURDAY



10 IT'S KAMMY-OKE TIME!

After a hard day raising loads of money for charity it was off to the pub. We love nothing more than a spot of karaoke – sorry, Kammy-oke! – on holiday. Not sure the punters felt the same way!



11 A FAMILY AFFAIR!

As the night wore on, it became a proper family shindig as Kammy's son, Jack, showed up to get in on the action! Two Kammies for the price of one! Awesome!



12 THAT'S NOT A HAT, CHARLIE!

Charlie thought our dress sense (among many other things) was pretty poor, so tried to liven up our outfit by squeezing a tambourine onto our head, as you do. Nice one, Charlie!



13 OH, WHAT A NIGHT!

It was turning into such a brilliant night that even Merse started getting into the Kammy-oke! So much so, he produced a random bit of bamboo and started playing air guitar with it!



14 SEXY BEASTS!

After a big night out, what better way to relax than going for a quick dip in the pool at Kammy's gaff with a copy of *Nuts* for company? Life just doesn't get any better!



15 CHEERS, KAMMY!

What a perfect end to a brilliant holiday! Let's raise a toast to all the Soccer Saturday chaps and their charity fundraising antics. Great blokes and a great cause! Thanks, boys! ■

WORDS: SAM VAN GELDER PHOTOS: JIM LINCOLN CHRIS KAMARA IS A CELEBRITY-AMBASSADOR FOR MARIE CURIE CANCER CARE AND IS CLIMBING MOUNT KILIMANJARO ON 9 JUNE. TEXT "KAMMY" TO 70777 TO RAISE MONEY FOR THE CAUSE. TEXTS COST £1.50.

NUTS PROMOTION



Want to win £500?

Tell us what you think about *Nuts*!

We want to know what you think about *Nuts* magazine! Visit www.nuts.co.uk/survey to fill out our short questionnaire. After we've

looked at the results, we'll put all the names into a hat and one lucky reader will win £500! Fill out the survey by 20 June and start planning how you'll spend the wonga! Do it and do it now!

FILL OUT THE SURVEY NOW!

VISIT
NOW!

WWW.NUTS.CO.UK/SURVEY

SILLY STRIP CLUB NAMES

Ladies with no clothes and sign-makers with no shame!

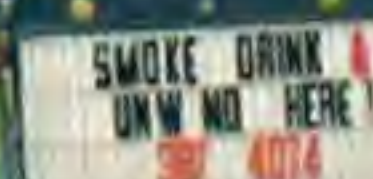
CATCHY SLOGAN!

Now, we've never been to Sassy Merlot's 2 of Cocoa Beach, Florida, but of one thing we are certain – it has thongs in it. All day long.



CLASSY!

"Well, Al, what do you think we should call the place? Something glam, high-rolling, classy?" "Yeah... Or we could just name it after a backside!"



FUNNY FRONTAGE!

PURE POETRY!

Either this is a species-specific pet shop inviting you in – or the bunnies that they refer to are actually naughty clothes-removing ladies!



WORDS: PETE CASHMORE
PHOTOS: GETTY IMAGES, SHUTTERSTOCK

The Lusty Lady

BARE

WITH US

FREE ADMISSION

HAVE AN EROTIC DAY!

LIVE SHOW

BAD PUNS!

Is the Lusty Lady inviting us, the humble public, to disrobe with their dancers? Because that kind of behaviour's got us into trouble before...

ROUTE ONE!

We call this the "Ronseal" approach – does exactly what it says on the strip-club sign. Sadly, we have no pix of either the chix or the... other bits.



ONE FOR THE LAWYERS!

Imagine how disappointed you'd be. You go in there wanting a Filet-O-Fish with fries, you get a room full of naked, gyrating women. Pah!

ONE FOR THE DIARY!

June 9th! June 9th! Be sure to make a note of that very special date in your diary. Because if you missed them the first time...



ODD ONE OUT!

Now, this is just fascinating! What does the ugly one do? Have they asked her if she can cook? Or is "cook" a typo? So many questions...

BRUTAL HONESTY!

Ah, clever! All they have to do is tell the two ugly dancers that they are in fact the pretty one – and hope that the three of them never discuss it!

NICE NAME!

They seem to be going for a variation on the Toys R Us theme here, which is just one of several reasons why this is so completely wrong. ■

MEET ELLE





**Gentlemen of
Britain, meet Elle.
You lucky people!**

We're total idiots here at *Nuts*, but every now and again, we get something right and that makes us happy. When we first saw the gorgeous Elle, we thought it might be an idea to do a photo shoot with her (minus her clothes, of course) and well, the evidence is here for you to see yourselves... ➔



**"I like a man to
take control and
be assertive!"**

Hi Elle! Are you excited about doing this photo shoot for *Nuts*? It's totally amazing! I've been modelling for a little while now, so to have my pictures in *Nuts* is an honour!

Tell us a bit about yourself.

I'm 20, I'm from Watford, I love partying and I'm a very nice girl. Oh, and I've got 30F boobs!

Do you prefer a trendy club or a proper boozer? That's tough.

It depends on how I feel at the time. I can be a Converse and jeans girl one day and hang out in a pub, then I'm all about the heels and tiny skirt the next day!

What's your favourite kind of sexy underwear? Sometimes I want to wear something that's easy to get off in a hurry!

What kind of man do you like?

One who takes control and gives as good as he gets!

Where's the craziest place you've done rude things? I was on the bonnet of my car in my parents' garage when someone opened the door. I've never moved so quickly in all my life!

Do you have any sex tips for our chaps? Yes. Be assertive and if all else fails, head south!

Do you have a message for the *Nuts* readers? I really hope you like my pictures and if you do, please pester the chaps at *Nuts* to do more shoots with me! ■

INTERVIEW: RICH JENKINS PHOTOS: ANGUS YOUNG HAIR & MAKE-UP: JOHANNA DALEMO
STYLING: LISA NICALOU STOCKINGS: ANNUSUMMERS.COM SHOES: NEW LOOK (0500 454 094)

HOOFING IT WIDE, EVERY WEEK!

England's future superstars!

The young stars who can bag the Under-21 Euro trophy!



PSYCHO'S LADS!

The Premier League season is over for the summer, leaving a vast desert where once there were green fields of football. But don't panic! While we're waiting for the pre-season transfers to start flying, we can all get behind England's Under-21 side

over in Denmark. From this weekend, England's finest up-and-comers will try to beat the best young players from all over the world in the European Championships! Unlike the misfiring senior side, these hungry lads don't usually disappoint either, so you won't

feel cheated cheering Stuart Pearce's boys on! Juggernaut defenders, midfield dynamos, fizzing wingers, hotshot strikers... one look at these fellas and England's future looks very bright. Europe, be afraid! Here are the men we reckon can bring home the Euro trophy!

WORDS: TIM BRADLEY PHOTOS: GETTY IMAGES, PA PHOTOS, ACTION IMAGES, BACKPAGE IMAGES



PHIL JONES

(Blackburn Rovers)

Age: 19 U21 Appearances: 5

One of the most sought-after defenders in England, Jones has teams like Arsenal and Liverpool sniffing around him after his first full season. He can play in midfield, too.



MARC ALBRIGHTON

(Aston Villa)

Age: 21 U21 Appearances: 6

Easily one of Aston Villa's best players last season, Albrighton came from nowhere to score against the likes of Man United and terrorise left-backs in the Premier League all year!



DANIEL STURRIDGE

(Chelsea)

Age: 21 U21 Appearances: 11

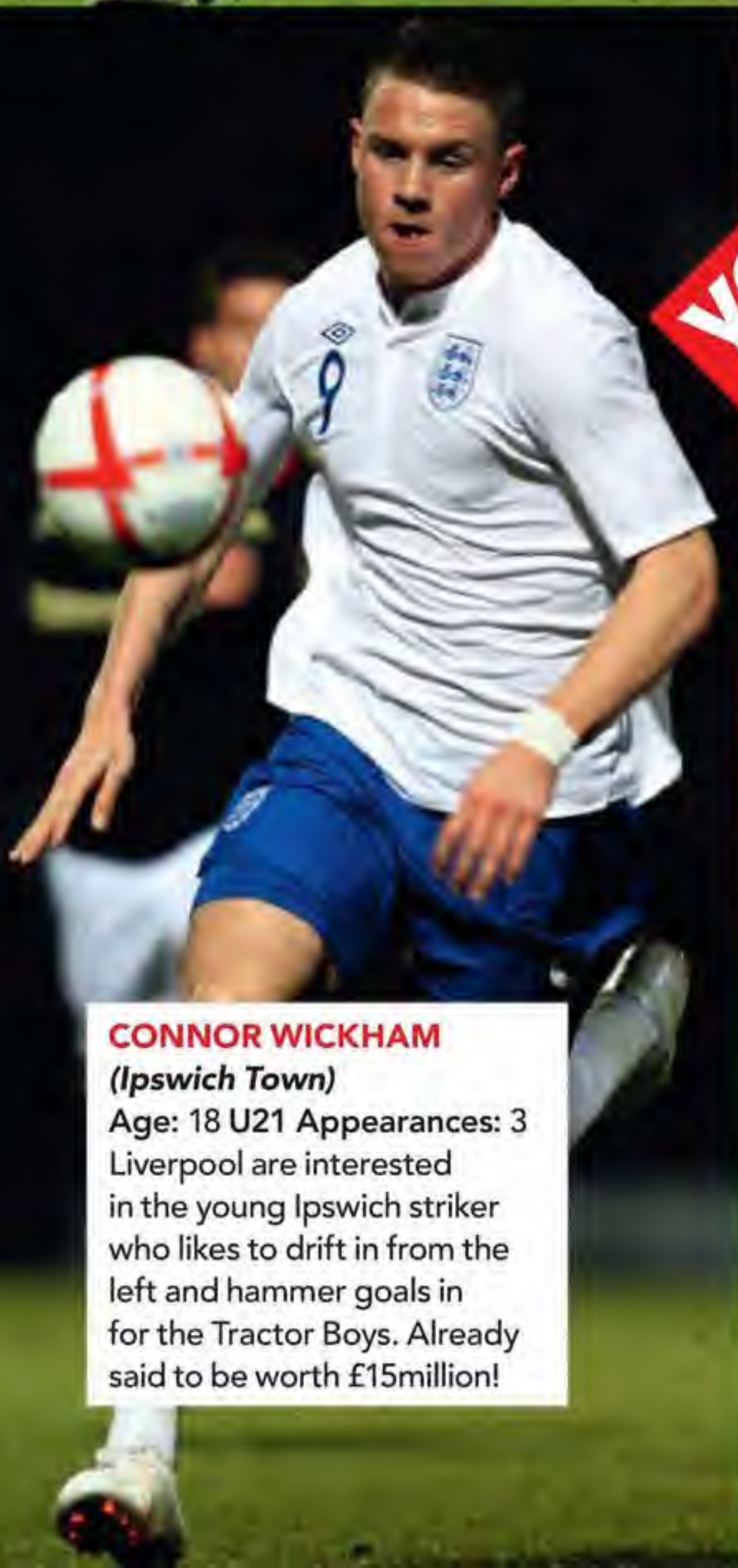
Chelsea might just be a bit gutted they loaned Sturridge to Bolton after he netted nine times while at the Reebok. His quick feet and pace could take the team to the semis!



JACK RODWELL

(*Everton*)

Age: 20 U21 Appearances: 14
Another player being watched by many of the Premier League's top sides, Rodwell is one of the veterans in the Under-21 national side. He'll anchor the midfield.



CONNOR WICKHAM

(*Ipswich Town*)

Age: 18 U21 Appearances: 3
Liverpool are interested in the young Ipswich striker who likes to drift in from the left and hammer goals in for the Tractor Boys. Already said to be worth £15million!



YOUNG LIONS!

CHRIS SMALLING

(*Man United*)

Age: 21 U21 Appearances: 10
Considering he was playing for Maidstone United two years ago, Smalling's rise has been incredible. A rock at the back for the Under-21s and weighs in with the odd goal.

The fixtures!

ENGLAND VS SPAIN

Sunday 12 June

7.45pm, Sky Sports 1/HD

ENGLAND VS UKRAINE

Wednesday 15 June

7.45pm, Sky Sports 1/HD

ENGLAND VS CZECH REPUBLIC

Sunday 19 June

7.45pm, Sky Sports 1/HD

KAMMYY!

ONLY IN
Nuts!



He's the voice of the fans – and he's only in *Nuts*!

Calling all snipers!
Little job for you...

'Disgraceful Blatter is ruining football!'

I've been shocked and appalled at the events of the last week or so concerning Fifa. And the worst thing about the re-election of Sepp Blatter as president is that there wasn't a damned thing anyone could do about it. Our FA made a stand against what was happening at the last minute but ended up just alienating

"Blatter should be sat in a home somewhere!"

English football completely – and now we're unlikely to be hosting a World Cup finals in this country any time in the next few decades.

Blatter should be totally ashamed of himself, quite frankly. He's an old man and really should be sat in a home somewhere, not sweeping away allegations of corruption in Fifa and running unopposed for another four years. How is that a democracy? The balloting should have been done in secret so nobody knew who was going against Blatter.

Had that been done, I think we'd finally be rid of him by now.

The problem is endemic throughout football the whole of, though, not just within Fifa. All over the world, football associations and their boards are made up of old men who just want perks, rather than people who have actually played the game. The whole thing is archaic and stuck in the dark ages and Blatter sums it up perfectly. He's anti-technology, anti-progress and seems clueless as to how football should be moving on.

I can see the game really suffering after this debacle. If the football associations of the world won't stand up against it, what hope does anyone else have? Certainly the major sponsors who pour money into Fifa's coffers didn't try very hard and the result is another four years of nothing changing when there are obvious improvements to the game that are needed. Blatter is no good for us, no good for football and the sooner he's gone the better. Sadly, that's going to be a while yet.

"I'm flying! I'm flying!"

Kammy on the Premier League's new boys!

Can all three stay up? Very possibly...

Swansea – will do best!

"I'll be climbing Mount Kilimanjaro with Swansea gaffer Brendan Rogers next week. Glad he won the play-off final or he might be thinking about throwing himself off the top! Of the three teams, I think Swansea will do the best – they play superb football. They just need a couple of decent signings, especially a striker."

Key man: Scott Sinclair

He'd foolishly challenged the ball to a staring contest

He had a controversial habit of drinking his own blood during games

QPR – great at home!

"QPR boss Neil Warnock is one of the more experienced managers around and Loftus Road is a bit of a fortress. The problem QPR have is the power struggle involving their mega-rich owners that's stopping them from being able to spend money. They should be buying big to stay in the Premier League."

Key man: Adel Taarabt

Norwich – big fanbase!

"Manager Paul Lambert did a fantastic job in galvanising his squad last season and the Canaries have a massive fanbase and an excellent stadium. Perhaps they'll be able to do what Stoke City have done and establish themselves as a Premier League team. They grind out results, that's for sure."

Key man: Grant Holt

The Premier League

Grab yourself some of these if you fancy some goals on Sundays!



Nike T90



Made with Teijin synthetic leather, side-lacing, shape-correcting memory foam and raised fins for accuracy and precision.

WORN BY: Fernando Torres (ten goals)
Yaya Toure (six goals)
Marlon Harewood (five goals)
Niko Kalinic (five goals)



Nike Mercurial



Nike put their Flywire technology into these boots, designed to make them stronger without sacrificing weight.

WORN BY: Clint Dempsey (12 goals)
Didier Drogba (12 goals)
Steven Fletcher (ten goals)
Hugo Rodallega (nine goals)



Nike CTR 360



Water-resistant with an asymmetrical lacing system that gives you more of a contact area for a better touch.

WORN BY: DJ Campbell (13 goals)
Florent Malouda (13 goals)
Rafael van der Vaart (13 goals)
Craig Gardner (eight goals)

e's top boots!

Fancy scoring as many goals as the Premier League stars? We thought we'd have a look at the boots that got the most goals in the Prem last year, so you can bag yourself a pair and start banging them in on the weekend, too!

Thanks to soccerbible.com. To buy the boots visit www.prodirectsoccer.com

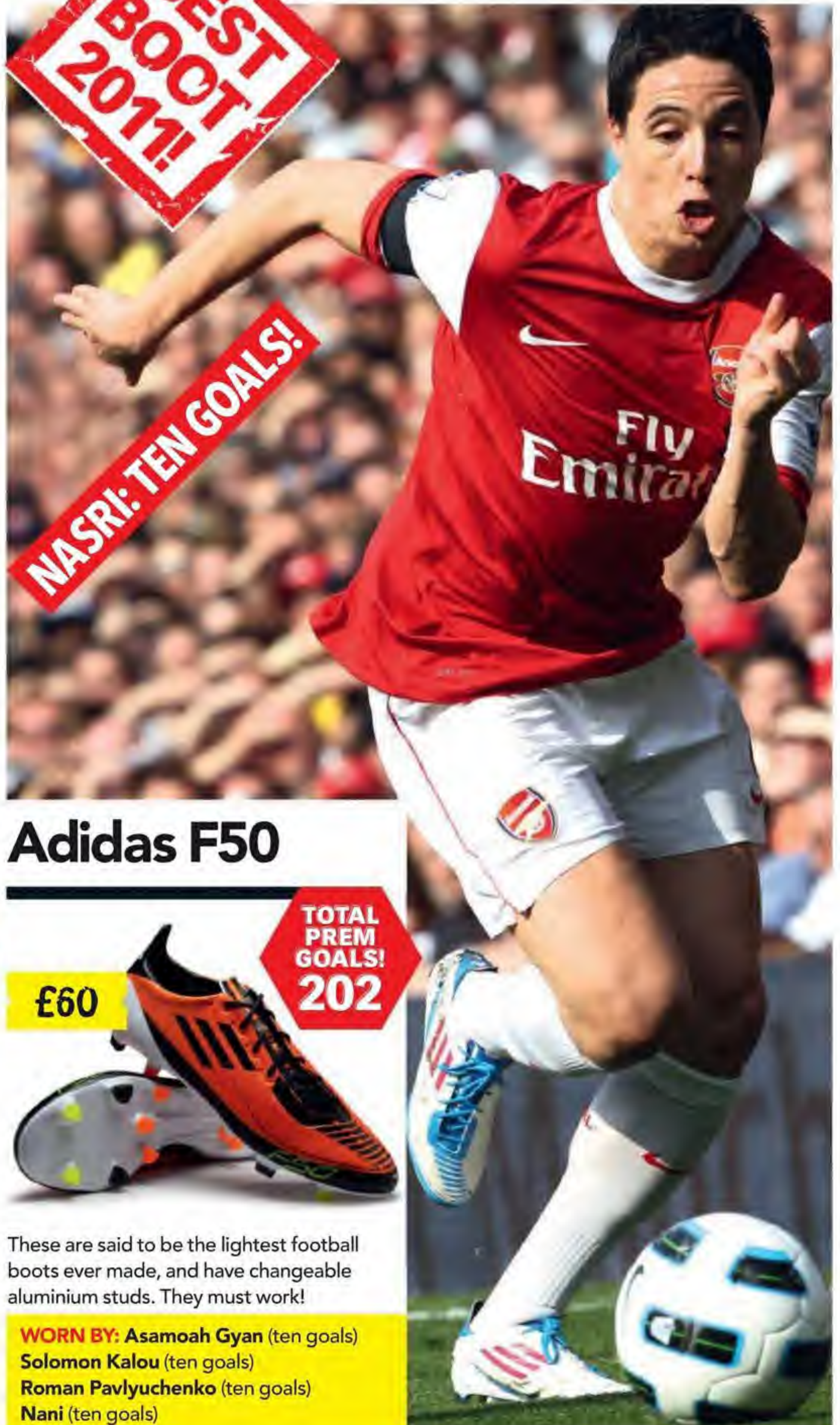


Adidas Predator



Featuring Powerspine technology, the Predators are designed to fit the natural curve of your foot for better precision.

WORN BY: Robin van Persie (18 goals)
Charlie Adam (13 goals)
Dirk Kuyt (13 goals)
Johan Elmander (ten goals)



Adidas F50



These are said to be the lightest football boots ever made, and have changeable aluminium studs. They must work!

WORN BY: Asamoah Gyan (ten goals)
Solomon Kalou (ten goals)
Roman Pavlyuchenko (ten goals)
Nani (ten goals)

Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!

Deal Or No Deal top tips!

Deal Or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one winner walked off with £1.96m!

You can win big money in the comfort of your own home!

HOW TO PLAY

- The idea is to get winning symbol combinations from spinning the reels, with the ultimate aim being to win the progressive jackpot.
- You can gamble up to 20p on each of the 20 pay lines. That's 20 chances to win on each play!
- The progressive jackpot can only be won on the Deal Or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.

THE NUMBER LINES

Click the number beside the reels, or the Bet One or Bet Max button. Choose Bet Max for the bonus game where you play for the biggest jackpots!

BONUS GAME

If you're betting on all 20 pay lines and you get three Deal Or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Good luck!

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NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport! Send pics, chants etc to tim_bradley@ipcmedia.com



"Won what bet?"

► Man United star Darron Gibson got a fair bit of stick from his own fans when he went on Twitter, but just imagine if they'd caught him wearing this get-up in Manchester! Sort it out, Dazza!



It was a mighty impressive birthmark

► Here's Martin Hueschen, from Germany, who likes his favourite team Borussia Dortmund's coach Jurgen Klopp so much he's had an absolutely horrendous tattoo of him put on his back. Mein Gott!



► Give it up, Lois Oosthuizen. Even we know if your ball's in the water, it's gone for good!



► Welsh MMA fighter Mike Phillips retired from a fight with an actual hole in his head!

SPORT ALIKES!



Vincent off
The Apprentice



Zlatan Ibrahimovic

RING OF TRUTH!

Football seen through the *Nuts* comedy glasses!

ONLY IN
Nuts!

"This is how
you get it on,
Balotelli!"

MESSI!

CATCH!

Van der man!

"We've won it 19 times - let
someone else have it for a change"

"I told
you I was
Jesus!"

STIGMATA!

"Pole dancing
is good for
cardio!"

STUCK!

"Help me get it
out! I can't
breathe!"

RIDE IT!

MAN-LOVE CORNER!

"Easy you two!
Time and place!"

NOW THEN!

"I never knew
it could feel
so good!"

SWOONEY!

"My stomach feels
all ticklish!"

CHEERS!

ONLY IN
Nuts!

MANAGER'S CORNER!

No.11 Alan Pardew

The Newcastle gaffer talks it up!

Hi Alan! If you hadn't have been a football manager, what career would you have had instead? A boxer.

What was your first car?

A Morris Minor van that my dad painted.

What was the last music you bought? Adele's new album, which I like.

What's your TV guilty pleasure? *Have I Got News For You* is my favourite show. I laugh at *The Only Way Is Essex* on occasions.

If somebody made a film of your life, which actor would you like to play you? Robert De Niro!

If you were going to sing a song in karaoke, what would you sing? I would sing a song by the Beatles, because they're actually quite simple.

What's the nicest place you have ever visited? London, or Paris or New York or Barcelona. I like big cities.

Have you ever been mistaken for anyone else famous?

I was once asked to sign an autograph in a pub. The lady was quite shocked when she realised that I wasn't the guy from *Antiques Roadshow*!

If you could throw a dinner party for anyone dead or alive from history, who would they be? Muhammad Ali, for sure. Also, Barack Obama and Spike Milligan.

What would you cook for them? My speciality would be a small pasta starter followed by a nice sea bass dish.

Visit the Dugout at www.yahoo.co.uk/dugout for interviews with top football managers

WORDS: TIM BRADLEY PHOTOS: GETTY IMAGES, PA PHOTOS, ACTION IMAGES, SNS GROUP, FOTOSPOT INTERNATIONAL, WENN



NUTS PROMOTION

Nuts poker school

This week – beating multi-table tournaments!

If you're looking for a quick way to win big in poker, multi-table tournaments (MTTs) are a great way to go.

With hundreds or thousands of players all scrapping for the top prize, it's poker's answer to the National Lottery! However, it

isn't all just down to luck! Here are some handy tips from PKR Pro Scott Shelley to help you scoop the MTT jackpot...

POKER EXPERT!



1. The early stages

It definitely pays to play tight early on. Wait until you've got a hand like a big pair before getting nasty, raising and re-raising before the flop. Don't be afraid to fold the rubbish early on – it's a marathon, not a sprint. Another way of netting some big early pots is to call the blinds with small pairs like 4-4, with the aim of hitting a "set" (three of a kind) on the flop. It might only happen around one in eight times but when it does come off, it's as close to guaranteed cash as you could hope for!

2. Bubbling over

Around ten per cent of the total players will win some cash in an MTT, but it won't be much to shout about unless you land a spot on the final table. That's where you'll find the serious cash, so your focus should be on amassing enough chips to go the distance, rather than cashing out early. If you've got a significant stack compared to the blinds, this is the stage where you want to start playing a lot of hands. This will help turn up the heat on your opponents, who won't offer much resistance unless they've got a really strong hand.

3. Final tables

Reaching the final table of a tournament is really what it's all about. You're now guaranteed a decent payout and, who knows, you might even win the lot! Make sure you take a good look at the payout sheet and remember the money can seriously jump for each position. But do bear in mind that the big money will always go to the first and second places. As more and more players are eliminated around you, it's aggression that's the name of the game. With the blinds getting pretty high, there



are always going to be more than a few all-ins, but make sure you're the one raising more than calling and you'll give yourself every chance. Finally, keep those fingers firmly crossed. Even the professionals need a bit of luck to see them over the finish line!



Sign up to Nuts poker to claim your 100 per cent match bonus up to \$800!
Visit www.pkr.com/nuts and register today!

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'QUOTE ME ON THAT!'

This week's biggest match debaters!



"You want someone who can pass like that in the last minute when you've got five minutes to go"

Jamie Redknapp needs a watch.

"QPR can get a million fans in their ground"

Paul Merson on a Tardis in West London.



"The people running the game have been beamed down from planet Zarf"

Ian Holloway isn't impressed with the FA.



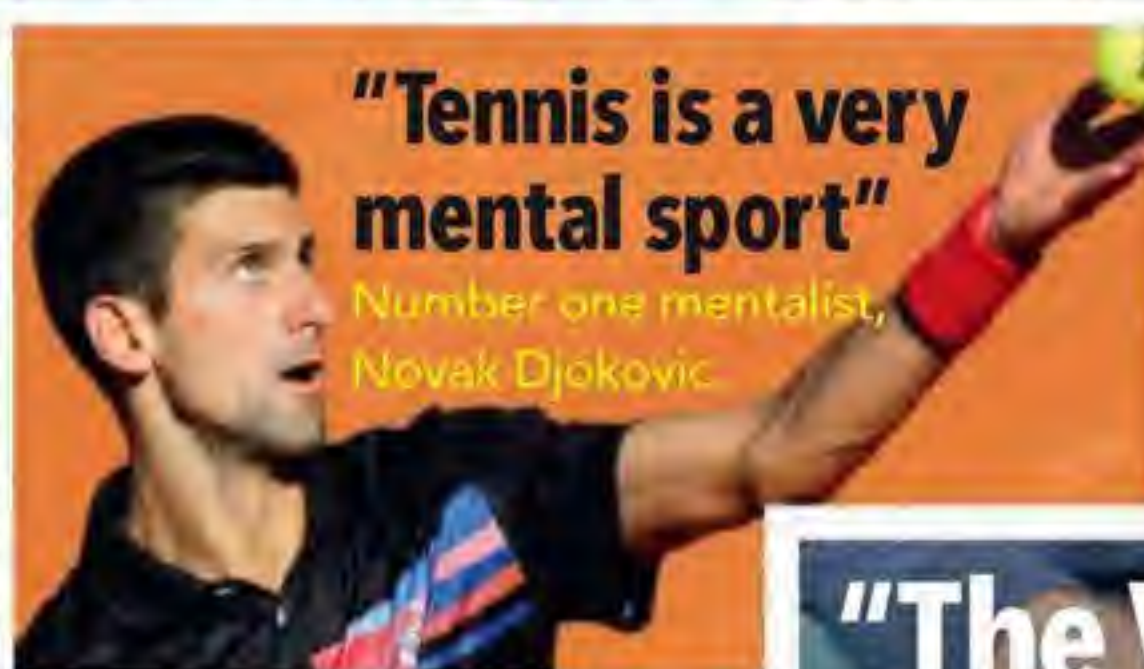
"If Silva had bent it into the top corner, I'm sure he would have scored"

Alan McNally states the obvious.



"Tennis is a very mental sport"

Number one mentalist, Novak Djokovic.



"I now wear a full Star Trek uniform to bed"

Graeme Swann's bedtime secrets.



"The Villa players aren't octopuses"

Not a lot gets past Merse.



"The squad are an unphenomenal bunch of lads"

DJ Campbell isn't impressed.



"The one great quality Edwin always had was his composure and organisation"

Er, surely that's two great qualities, Sir Alex Ferguson?

'OO-ER SOUNDS A BIT RUDE' CORNER!

"I started off playing with boys"

Faye White, Arsenal Ladies captain, confesses too much.



"When you're desperate, it goes between your legs"

Speak for yourself, Jamie Redknapp.



"It was perfect when I'd come off in the hole"

Too much information, Paul Merson.



"The goal needs a game"

Try it the other way round, Paul Walsh.



"I'm not sure what state of mind the lad's body's in"

Harry Redknapp isn't a physio.



Nuts REAL GIRLS

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SARAH 22, Leicestershire, student
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Nuts REAL GIRLS

**"I like to
have a
good time
and I love
football!"**

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 - Select the competition you want to enter
 - Add your contact details
 - Upload a pic... Job done!
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BEDROOM BABES!

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Ladies, send us your pictures! Send your photos to Real Girls UK, *Nuts*, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

**ONLY IN
Nuts!**



Debbie

22, Berkshire, student
"I love my sexy outfits, especially the ones from Ann Summers!"

Fran

21, Cambridge, booker
"I'm obsessed with lingerie! I like to wear just my sexiest set under a long coat!"

Kirsten

21, Reading, receptionist
"Guys don't forget a date with me, especially after I've made them lick ice cream off me!"

Jemma

23, Southend, gym staff
"My job means I have to watch my figure. That makes my bum my best feature!"

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*! Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

**ONLY IN
Nuts!**

REAL GIRLS, REAL PLACES!

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 72. You must be at least 18 years old.

THIS WEEK:

Name: Lauren

Age: 19

Boobs: 32C. "I get more comments on my long legs!"

Likes: "Bad boys!"

Ever kissed a girl?

"For a dare!"

Strangest place you've had sex?

"Outside a supermarket!"

Sex tip:

"Take control!"

Lauren's guide to sexy Norwich

Nuts heads north to Norfolk to find another hottie!



HELLO!



Lauren on... getting up!

"I get up at 7am every day, even at the weekends. I'm the most unsociable person in the bed ever. I just face the other way, or else I can't sleep!"

Lauren on... her home!

"I live just opposite Norwich City football club. We get to soak up all the atmosphere but I don't support Norwich, I support Liverpool!"

Lauren on... scary films!

"I usually get a takeaway, have a bubble bath and watch a horror movie. That's my idea of a good night in! I can't wait for *Scream 4* on DVD!"



Lauren on... partying!

"I'm a nightmare when I'm drunk! It makes me very hyper and crazy. I always get myself in trouble and stay up until stupid o'clock! I'm a handful!"



Lauren on... her boobs!

"I'm a 32C. I wish they were a size bigger! I get more comments on my long legs, so I usually wear shorts or a short dress. Then the boys notice!"



"Boys always notice my long legs!"



Lauren on... getting ready!

"I only take about an hour to get ready for a night out. I have to ask a friend's help on what to wear so it all matches and I don't look stupid!"



Lauren on... keeping tidy!

"I've only just moved out of my parents'. It's been one long party but I'm quite house-proud. So don't make a mess, Nuts, or I'll chuck you out!"



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IT'S LOU!



CONFESSION OF THE WEEK!

"We did it in on the train"

My boyfriend and I were travelling on the train to pick up his new car. The train was empty, so we began to kiss. I found myself getting flushed as he kissed my lips and neck, and made low moans of pleasure. He had a quick glance around to make sure no one was looking, then slowly stuck his hand into my undies and started rubbing my moist clit. I moaned louder, then even more when he pushed a finger inside. I was so horny, I stuck my leg up against the window so he could get his digits deeper into me. Moments later, we arrived at the next stop and people got on our carriage so we had to stop – but we finished off what we'd started as soon as we were in his new car!

Darci, Norwich

"She grabbed my hips"

After a hard workout at the gym, it was time for me to hit the showers. As I was soaping my body down, I heard someone

enter the shower room. It was a hot busty blonde, with whom I'd often shared lustful looks. She entered my cubicle and confessed she'd been admiring me for a while and wondered what I look like naked. With that,

she grabbed me by the waist and passionately kissed me, gliding her hands all over my wet body. I was in shock but immensely turned on by the whole situation. I gently moved my hands over her and caressed her breasts. Her body was soft but toned from regular exercise. Tightly grasping my hips, she backed me into the corner and went down on me, licking me slowly. My clit was throbbing with excitement and I've never come so quickly! More kissing and caressing went on after this, and I now go to the gym every day hoping for round two!

Nicole, by email

"We had fun in the bubbles"

My husband and I are members of a health spa. One night, after a lovely day of massages and treatments, we decided to finish off our day by getting wet in the Jacuzzi. There was no one else in there with us and as we sat in the bubbles, I whispered in his ear that I couldn't wait to get him inside me. He gave me a lingering kiss and then I felt his fingers moving across my thigh. He pushed his hand into my bikini bottoms and rubbed my clit. Feeling extremely horny, I slipped my hand under the water and felt his rock-hard penis through his shorts. He pulled them down so I could see his erection bobbing about under the bubbles. I gripped it firmly and started to move my

hand up and down. At this point, another member entered the spa and walked towards us. So the two of us jumped out and headed towards the sauna, where I managed to continue my hand job for a few minutes longer, before we raced home to carry on in private!

Laura, Hull

"Two hot girls burst in on us"

Last month, it was my friend's 21st, and this bloke was flirting with me all night. It wasn't long before we were alone in the guest room and I was sucking him off, when two girls burst through the door looking for the loo! They stopped and stared, then giggled. One of them asked if she could join in and got down on her knees to help me. Her friend watched for a minute, then hitched her skirt up and put her fingers in her knickers. She played with herself while the three of us rolled around getting hot and steamy. It was definitely a night I'll never forget!

Chelsea, Edinburgh

Win £50!



Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 72. The best one each week* wins £50! Come on, girls!

Nuts FASHION

If music matters, this is all you'll ever need for a rocking good time!

10 festival finds

CAT HOODIE £58

Keep the chill off while you're waiting for the top act.

TOPMAN SUNGLASSES £16

Grab these Teenage Cancer Trust sunnies.

TOPMAN JEANS £32

Sling these in your bag in case the weather turns.

MANHATTAN BAG £65

The perfect size for all your bits and bobs.

BURTON COOLBAG £60

Keeps your beer cool and plays music.

ADDICT JACKET £60

Keep dry and warm with this cool windcheater.

5 FESTIVAL MUST HAVES

FESTIVAL DAY KIT £5

A poncho, energy slab, sun cream, wet wipe, mints and tissues.

Stockist:
amazon.co.uk



FELLAS CLEANSING WIPES £2.50

pH balanced, to refresh "down there".

Stockist:
fellaswipes.com



NIVEA SUN POCKET SIZE SPF30 £5

Don't burn in the festival sun!

Stockist:
boots.co.uk



PLOO PORTABLE LOO £23

Yup, it's a portable toilet.

Stockist:
amazon.co.uk



LYNX BULLETT £3.50 FOR 4

Keep your pits fresh with this tiny deodorant.

Stockist:
boots.co.uk



GELERT QUICK PITCH TENT £50

Get to the music faster with this pop-up tent.



BLUE INC £20

Keep things colourful with these cool cargo shorts.



ASOS VEST £12

Beware of the tan lines wearing this summer essential.



HAVAIANAS WELLIES £45

Keep the mud out with some man wellies.



AMPLIFIED T-SHIRT £25

Woodstock-inspired – the perfect festival tee.



Nuts REVIEWS

GAMES!



You can now design your own levels for electric superhero Cole

INFAMOUS 2 PS3



Cole returns with his superpowers in check (Iron Man-style lightning bolts, Spider-Man-style athleticism) to take on The Beast,

a force of nature that's threatening to destroy humanity. As you do. Design your own levels and upload them to PSN, so once you've nailed the teeth-shatteringly frantic story mode you'll be able to keep playing forever. Awesome stuff. ★★★★★



WHITE KNIGHT CHRONICLES 2 PS3



Huuuge Japanese RPG. Snappy battles, freaky monsters, custom characters... Perfect if you have a spare few months to kill. ★★★★★



THE SIMS 3 GENERATIONS PC



The ten billionth Sim bolt-on focuses on the generations of life. Enjoy the fun of childhood and the arsey-anxieties of teen-age. ★★★

APPS!



ORANGE GLASTONBURY IPHONE, ANDROID, NOKIA



The official app for all things Glasto. Has an interactive map so you don't get lost, news and line-up info. Perfect, unless your battery dies on day one. ★★★★★

MUSICMAGPIE IPHONE, IPOD TOUCH



Trade in your CDs, DVDs and games by scanning the barcode and uploading it to the app's website. Quick alternative to eBay, basically. ★★★★★

DVDS/BLU-RAY!



Director Simon West makes a brief cameo appearance in the film

THE MECHANIC DVD & BLU-RAY CERT 15



Brutal remake of the '70s Charles Bronson thriller starring Jason Statham as a ruthless assassin who goes on

a revenge rampage after the cold-blooded murder of his pal Harry (Donald Sutherland). From Simon West, the director of *Con Air* and *Lara Croft: Tomb Raider*, so be prepared for a seriously intense action overload! ★★★★★

127 HOURS DVD & BLU-RAY CERT 15



Danny Boyle's terrific true-life drama about a trapped climber forced to re-evaluate his life. Oh, and lop his own arm off. ★★★★★

LEAD BALLOON: SERIES 3 DVD CERT 15



Third series of the ace comedy starring grumpy stand-up Jack Dee as, well, a grumpy stand-up. Britain's *Curb Your Enthusiasm*. ★★★★★

ROUTE IRISH DVD CERT 15



The makers of *Looking For Eric* return with a bleak thriller about an Iraq war veteran hunting his friend's killers. Intense. ★★★★★

MUSIC!



ARCTIC MONKEYS SUCK IT AND SEE

Saucy title, chaps! Album number four is jollier and jauntier than usual. Well, they did record it in sunny California! ★★★★★

VARIOUS ARTISTS BEST OF RADIO 1'S LIVE LOUNGE



Forty tracks from the popular "come and do it live" shebang. Some good (Elbow, Plan B, Oasis). Some Black Eyed Peas. ★★★★★

All the latest action-packed releases

Ratings: ★★★★★ Genius ★★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

MOVIES!



Screwed is based on the true story of real-life screw Ronnie Thompson

SCREWED CERT 15

Back from Iraq, a former soldier enters a different kind of hell when he takes a job as a prison officer. James D'Arcy from *Secret Diary Of A Call Girl* is the screw who soon realises it's "the same sh*t, different day" coming up

against corrupt officers and psychotic inmates. Wallowing in drugs and booze, he's confronted by lock-up loon Noel Clarke before it all kicks off big time! Directed by Amy Winehouse's fella, Reg Traviss, no less. ★★★



POINT BLANK CERT 15

This French *Taken*-style thriller pits a nurse against an entire squad of corrupt police for some full-throttle action. ★★★



MOTHER'S DAY CERT 18

Mummy goes mental to protect her sons on the run from the law in a mental thriller starring *Sin City* hottie Jaime King. ★★★

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NutsTV

Hunting down this week's top telly!

Nuts!
7-DAY TV
LISTINGS
GUIDE!



"Now, officer, I know
this looks bad..."

"Damn! I've left the
oven on. Again"

SATURDAY

The Bat's back!

Batman Begins **ITV1, 9.55pm**



"...then Daddy Bear
said, 'Who's been
sleeping in my bed?'"

MONDAY

Samuel L Jackson thrills!

The Cleaner **Channel 5, 10pm**



Emma Frain
makes waves

WEDNESDAY

Nuts girl vs Lord Sugar!

The Apprentice **BBC1, 9pm**



TUESDAY

Murderous mystery!

Luther **BBC1, 9pm**



Channel 4's Comedy Gala

COMEDY Channel 4, 9pm
McIntyre, O'Brian and more star in a huge stand-up gig for Great Ormond Street Hospital. ★★ ★★



The Mentalist

DRAMA Channel 5, 9pm
Last in the series. Patrick Jane is this close to catching Red John, the evil-doer who murdered his family. We can't see it happening ourselves – what would the next series be about? ★★ ★★



Disturbia

FILM BBC1, 11.30pm
Shia LaBeouf stars in this creepy thriller about a teenager who reckons his neighbour's a serial killer. Deciding to do a bit of snooping, he gets more than he bargained for... ★★ ★

one

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 **The One Show**
Teatime waffle with Chris Evans and Alex Jones. We say, to the pub!

8.00 **EastEnders**
Over-excited about the weekend? Calm yourself down with a dose of joyless cockney misery.

8.30 **A Question of Sport**
Trivia-based teasers. (R)

9.00 **Have I Got News for You**
Reginald D Hunter joins the regulars for more satirical sniggers.

9.30 **Outnumbered**
Family-set comedy. (R)

10.00 **News, Weather**

10.35 **The Graham Norton Show**
Hollywood A-Lister Tom Hanks, funnyman Simon Pegg, and Pussycat Doll Nicole Scherzinger are among this week's guests.

11.20 **The National Lottery Friday Night Draws**

11.30 **Disturbia**
MUST-SEE Decent thriller starring Shia LaBeouf as a teenager who thinks his neighbour is a serial killer. To be fair, he probably is. Just saying.

1.05am The One Show (R) 2.10 Sign Zone: Monty Don's Italian Gardens (R) 3.10 Two Greedy Italians (R) 4.10-6.00am BBC News

TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 The Pink Panther Show (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 **LIVE** Tennis from Queen's: The AEGON Championships quarter-finals. 5.15 Cash in the Celebrity Attic (R) 6.00 Eggheads (R) 6.30 Britain's Empty Homes (R)

7.00 **Petworth House - The Big Spring Clean**
Antique-polishing gubbins. Dull.

7.30 **Coast**
Seaside-based tedium. (R)

8.30 **Gardeners' World**
Monty Don explores the former garden of painter Claude Monet.

9.00 **Julia Bradbury's Canal Walks**
A two-day walk along the Worcester and Birmingham Canal. Should have waited for the bus...

9.30 **Paul Merton's Birth of Hollywood**
The comedian looks back to the rise of the legendary MGM studio.

10.30 **Newsnight**

11.00 **The Review Show**
A round-up of all things cultural.

11.50 **Brazil**
MUST-SEE Barmy, darker than dark fantasy from Terry Gilliam, starring Jonathan Pryce as a hapless clerk who falls foul of a hard-line, futuristic regime. Weird. Sleep.

itv 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover (R) 3.00 Secret Dealers 4.00 Midsomer Murders: A magazine owner is suspected of murder. (R) 6.00 Regional News, Weather 6.30 ITV News

7.00 **Emmerdale**
Warm ale and whippets.

7.30 **Coronation Street**
All the latest from the gloomiest street North of Walford.

8.00 **Love Your Garden**
NEW Alan Titchmarsh rummages through the nation's flowerbeds.

8.30 **Coronation Street**
More shouting. Our poor ears.

9.00 **Injustice**
Travers discovers Lucy Wilson was being paid to spy on Qestrel.

10.00 **ITV News, Weather**

10.35 **American Pie Presents Band Camp**
FILM Half-baked spin-off from the classic teen comedy. The daftly-named Tad Hilgenbrink stars as Stifler's little brother, who sets about causing mayhem when he's packed off to band camp.

12.15am **The Zone**

2.20 **FILM** Jeremiah Johnson: Adventure, with Robert Redford starring as a 19th-century trapper. 4.00-5.30am ITV Nightscreen

4

6.00 The Treacle People 6.10 The Hoobs 7.05 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.00 Frasier (R) 9.00 Friends (R) 9.30 Accidentally on Purpose 9.55 Location, Location, Location 10.55 A Place in the Sun (R) 12.00noon News 12.05pm Kirstie's Homemade Home (R) 1.00 **FILM** The Way Ahead 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks

7.00 **News**

7.25 **Unreported World**
A report on how activists in Indonesia are fighting to save orangutans and sea turtles.

7.55 **4thought.tv**

8.00 **A Place in the Sun: Home or Away**
Property-based tripe. For a more interesting watch, turn the telly off and stare at the wall for an hour.

9.00 **Channel 4's Comedy Gala**
MUST-SEE There's nothing we like more than top-notch stand-up, and if it raises money for charity, so, err, great! Alan Carr, Dara O'Brian and Lee Evans are amongst the top talent on show. Laugh away chaps.

11.45 **The Ricky Gervais Show**
Karl Pilkington spouts more gibberish to the amusement of Ricky and Steve. Ace, as always.

12.15am **Comic's Choice: Sean Lock**
The comedian talks about his favourite gag-merchants. (R)

1.15 Music on 4 1.45 My Name Is Earl (R) 2.45 Ugly Betty (R) 3.30 Ugly Betty (R) 4.20 Hill Street Blues (R) 5.10-5.55am Countdown (R)

5

6.00am Milkshake! 9.15 The Wright Stuff 11.05 The Hotel Inspector (R) 12.00noon Meals in Moments (R) 12.10pm 5 News Lunchtime 12.20 Law & Order (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Meals in Moments (R) 3.20 **FILM** They Come Back: Supernatural thriller starring Mia Kirshner and Niamh Wilson. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 **5 News at 7**

7.30 **Fifth Gear**
The boys celebrate the 50th birthday of the Jaguar E-type.

8.00 **Eddie Stobart: Trucks and Trailers**
A look inside the exciting life of the truck-driver. Yorkie anyone?

9.00 **The Mentalist**
MUST-SEE It's a race against time as Jane tries to track down Red John before he drops off the radar.

10.00 **Law & Order**
The team investigate the death of a female rapper. Brap brap brap!

10.55 **CSI: Miami**
The team lose a witness when a crane crashes into their building. Tsk tsk! Careless! (R)

11.55 **Rough Guide to Short Breaks**
This would be great, but for the fact there are no more Bank Holidays until Christmas. Boooo! (R)

12.10am **SCXTRA**

12.40 **SuperCasino**

4.05 **SPORT** Motorsport Mundial 4.30 Fifth Gear (R) 4.55 County Secrets (R) 5.10 Wildlife SOS (R) 5.35-6.00am House Doctor (R)

sky1

7pm **The Simpsons**
A double-dose of Springfield's finest. (R)(HD)

8.00 **Futurama**
Rising temperatures threaten all life on Earth. Yikes! (R)

8.30 **The Simpsons**
Lisa discovers Marge was an A-grade student as a kid. (R)

9.00 **Raising Hope**
Burt's flirtatious ways are exposed. The dirty dog. (HD)

9.30 **A League of Their Own: Best of**
Highlights from the second series. Trust us, these are really funny. (R)(HD)

10.30 **Spartacus: Blood and Sand**
Gore-splattered action from Ancient Rome. Lovely! (R)(HD)

11.45 **Night Cops**
Coppers after dark. (R)

12.45am **Night Cops**
More of the above as those lucky boys in blue get to grips with the post-pub crowd. (R)

FRIDAY'S SPORT

10.30am European Tour Golf, Sky Sports 1. 10.30am Aussie Rules Football, ESPN. 1pm Tennis from Queen's, BBC2. 3.30pm European Tour Golf, Sky Sports 1. 5.30pm Twenty20 Cup Cricket, Sky Sports 1. 8pm PGA Golf, Sky Sports 2. Major League Baseball, ESPN.



"Why the hell are you wearing my mum's fur coat?"

Camelot Channel 4, 9pm

DRAMA If you fancy sinking your teeth into a medieval drama that's not as complicated as *Game Of Thrones*, try this – it's the old story of King Arthur and Merlin, retold with a sexier edge. ★★★

Unusual confetti for an unusual wedding



Batman Begins ITV1, 9.55pm

FILM Even though we own this on Blu-ray and we've seen it loads of times, we'll probably still watch it tonight, as Christian Bale debuts in the caped outfit. His voice is still silly, though. ★★★★★



He loved drawing faces on his hands and making them chat

UFC 131 ESPN, 2am

SPORT The sweaty, Lycra-clad giants head to Canada for some grappling and eye-gouging. Junior dos Santos (above) takes on Shane Carwin in the main heavyweight bout. ★★★

one

6.00am Breakfast **9.00** Saturday Kitchen Live **10.30** Trooping the Colour: The Queen's Birthday Parade **12.15pm** BBC News, Regional News, Weather **12.30** A Question of Sport (R) **1.00** **LIVE** Tennis from Queen's: Coverage of the AEGON Championships semi-finals. **5.00** BBC News, Regional News, Weather **5.15** **LIVE** Formula 1: Canadian Grand Prix - Qualifying: Coverage from Montreal (Start-time 6pm).

7.15 So You Think You Can Dance: The Final Live
Nope, we've never said we can dance. We might shake our shoulders now and again though.

8.20 The National Lottery: Who Dares Wins
Is tonight your night? Probably not.

9.10 Casualty
Severed limbs and broken hearts. You know the drill by now.

10.00 So You Think You Can Dance: The Final Results
Right, this really is the last one. Saturday nights are looking up!

10.30 News, Weather

10.50 Michael McIntyre's Comedy Roadshow
Top stand-up from the likes of Kevin Bridges and Milton Jones. (R)

11.35 City Hall
FILM Slick political thriller starring Al Pacino and John Cusack.

1.25-6.00am BBC News

two

6.00am CBeebies **7.00** CBBC **12.00noon** The Sky at Night (R) **12.20pm** Homes Under the Hammer **12.50** Diagnosis Murder **1.35** **FILM** The Fall of the Roman Empire: Historical epic. The Roman Empire falls into the hands of the cruel and licentious Emperor Commodus. **4.30** Escape to the Country (R) **5.30** Flog It! (R) **6.30** BBC Cardiff Singer of the World 2011

7.00 Dad's Army
Geriatric chuckles. (R)

7.30 Trooping the Colour Highlights
The best bits of the Queen's birthday party from Horseguard's Parade.

9.00 Have I Got a Bit More News for You
Jo Brand hosts this week's bout of topical news-mockery. (R)

9.45 QI XL
Head-scratching trivia with Stephen Fry and friends. (R)

10.30 Grumpy Old Holidays
Holidays are great, unless you're a miserable old codger like this lot. Cheer up Granddad! (R)

11.00 Then She Found Me
FILM Rom-com tosh starring Helen Hunt as a New York teacher going through a midlife crisis. No, ta.

12.35am In Search of a Midnight Kiss
FILM Solid indie flick starring Scoot McNairy and Sara Simmonds as a pair of LA hipsters looking for a date on New Year's Eve.

2.10-6.00am Close

itv 1

5.30am ITV News **6.00** CITV **8.25** The House Gift (R) **9.25** Coronation Street **11.45** This Morning: Saturday **12.45pm** ITV News, Weather **12.55** **FILM** Being There: Comedy starring Peter Sellers. **3.10** **FILM** Octopussy: James Bond adventure starring Roger Moore. **5.35** Regional News, Weather **5.45** ITV News **6.00** New Kids Do the Funniest Things

7.00 Ice Age 2: The Meltdown
FILM Cute animation featuring a troop of cuddly critters trying to avoid an Arctic flood.

8.40 The Cube Celebrity Special: McFly
Pop-star has-beens McFly pit their wits against a series of physical tests. Be happy they're not singing.

9.40 ITV News, Weather

9.55 Batman Begins
MUST-SEE Ace comic-book thriller charting Bruce Wayne's transformation into the butt-kicking vigilante known as Batman. Kapow!

12.25am Grimefighters
Fancy watching a bunch of professional cleaners doing some scrubbing? No, us neither. (R)

12.55 The Zone

3.00 In Plain Sight **3.45-5.30am** ITV Nightscreen

4

6.00 The Treacle People **6.10** The Hoobs **6.35** The Film Show **7.00** **SPORT** Ginetta Challenge **7.25** **SPORT** The Grid **7.55** **SPORT** The Morning Line **8.50** Friends **9.20** **NEW** Hollyoaks Music Show **9.50** Glee **10.50** Friends **11.25** Style the Nation **12.20pm** The Big Bang Theory **1.25** **SPORT** That Paralympic Show **2.00** **LIVE** Channel 4 Racing **4.05** Come Dine with Me **6.10** News **6.40** 4thought.tv **6.45** **FILM** Sahara: Penélope Cruz stars.

9.00 Camelot
MUST-SEE New fantasy show updating the legend of King Arthur and Merlin, with Joseph Fiennes. Sword-swinging action ahoy!

11.05 The Quick and the Dead
FILM Enjoyably silly Western starring Sharon Stone as a mysterious gunslinger who enters a gunfighting contest in a lawless town ruled by evil Gene Hackman.

1.10am **FILM** Bogus **3.00** Real Housewives of New Jersey **3.55** Hill Street Blues **4.50** Perfect Recall **5.15-6.00am** Countdown

5

6.00am Milkshake! **10.00** Fifth Gear (R) **10.30** The Gadget Show (R) **11.00** Extreme Fishing with Robson Green - At the Ends of the Earth (R) **12.35pm** **FILM** The Violent Men: Western starring Glenn Ford. **2.30** **FILM** Objective, Burma! World War Two drama starring Errol Flynn. **5.10** **FILM** See No Evil, Hear No Evil: Comedy starring Gene Wilder and Richard Pryor as two men - one deaf, the other blind - arrested for a murder they didn't commit.

7.00 5 News Weekend

7.05 NCIS
Tony is accused of murder.

8.00 CSI: Crime Scene Investigation
Grissom investigates an apparent suicide. Fiver says it's a murder. (R)

9.00 CSI: NY
The team recovers from the aftermath of the drive-by shooting. A nice cup of tea will do the trick. (R)

10.00 Law & Order: Special Victims Unit
NEW Benson and Stabler investigate a case of child abuse. Cheery stuff.

10.55 CSI: Crime Scene Investigation
A death is linked to a sadistic TV reality show. (R)

11.50 Rough Guide to Cities
The lowdown on getaways. (R)

12.05am SCXTRA

12.35 Super Casino

3.55 Rough Guide to Journeys (R) **4.10-4.35am** Great Scientists (R)

sky1

7pm The Simpsons
Bart is given a calf to look after. Surely a recipe for disaster... (R)

7.30 The Simpsons
Homer gets a new job. (R)

8.00 Road Wars
Tarmac-based tear-ups. (R)(HD)

9.00 Forrest Gump
FILM Tom Hanks stars in this Oscar-winning drama as a simpleton who finds himself at the heart of various key events throughout US history. It's heartwarming. There, we said it! We love Forest Gump! (HD)

11.45 Brit Cops: Frontline Crime UK
Violent drunks, drug dealers, and domestic strife...never a dull moment eh? (R)

12.45am Road Wars
Chris and Simon arrest a biker armed with nunchucks...talk your way out of that one pal! (R)

Nuts PROMOTION

Who's your favourite Rockstar girl?

VOTE NOW!

WWW.NUTS.CO.UK / ROCKSTAR-GIRLS



"Aaah! Not in my hair!"

Formula 1: Canadian Grand Prix Live

SPORT Off to Montreal for the seventh round, Lewis Hamilton hoping to score his second win of the season. ★★



"Don't run away from him!"

Spain vs England

SPORT Sky Sports 2/HD, 7pm Stuart Pearce's Under-21 side begin their European Championship campaign against Spain. Kieran Gibbs and Micah Richards will get stuck in! ★★★★★



"Down, boy!"

Deep Blue Sea

FILM ITV2, 10pm What's scarier than a shark? A shark with genetically enhanced intelligence! Samuel L Jackson and friends battle a mob of the toothy blighters in this agreeably daft action flick. ★★

one

6.00am Breakfast **9.00** The Andrew Marr Show **10.00** Live Pentecost from Halifax Minster **11.00** Country Tracks **12.00noon** The Politics Show **1.05pm** EastEnders **3.00** Escape to the Country (R) **4.00** Songs of Praise **4.35** BBC News, Regional News, Weather **5.00** **MUST-SEE** Formula 1: Canadian Grand Prix: Coverage of the seventh round of the season from the Circuit Gilles Villeneuve in Montreal (Start-time 6pm).

BBC TWO

6.00am CBeebies **7.00** CBBC **10.00** Something for the Weekend **11.30** Flog It! (R) **12.30pm** **LIVE** MotoGP: Matt Roberts presents coverage of the British Grand Prix, the sixth round of the season, held at Silverstone. **2.30** **LIVE** Tennis from Queen's: Coverage of the AEGON Championships final held at the Queen's Club. **5.10** The Story of Ireland **6.10** Richard Hammond's Engineering Connections

itv 1

5.30am ITV News **6.00** CITV **8.25** May the Best House Win (R) **9.25** Dickinson's Real Deal (R) **10.25** 60 Minute Makeover (R) **11.30** This Morning: Sunday **12.30pm** Dinner Date (R) **1.25** ITV News, Weather **1.35** **NEW** Survival: Tales from the Wild: Spectacular wildlife moments. **2.30** Inspector Morse (R) **4.30** Midsomer Murders: A villager is battered to death. (R) **6.30** Regional News, Weather **6.45** ITV News

4

6.00am The Treacle People (R) **6.10** The Hoobs (R) **7.00** **SPORT** That Paralympic Show (R) **7.25** **SPORT** Rat Race Stockton (R) **7.55** T4: Style the Nation **8.20** Friends (R) **8.45** Hollyoaks **11.20** Friends (R) **11.50** Glee (R) **12.50pm** The Simpsons (R) **1.55** Four in a Bed (R) **4.30** Help! My House Is Falling Down: A couple in Narborough worry their Edwardian home is sinking. (R) **5.35** Deal or No Deal **6.30** News **6.55** 4thought.tv

5

5.00am Milkshake! **10.00** Animal Rescue Squad (R) **10.15** McFly on the Wall **10.45** The Restaurant Inspector (R) **11.45** The Hotel Inspector (R) **12.45pm** Eddie Stobart: Trucks and Trailers (R) **1.45** **FILM** Brave Warrior: Western. **3.15** **FILM** The Duel at Silver Creek: Western. **4.45** **FILM** Stuart Little 2: Fantasy adventure sequel. **6.15** 5 News Weekend **6.20** **FILM** The Mask of Zorro: Swashbuckling adventure starring Antonio Banderas.

sky1

7pm Modern Family Claire and Mitchell become trapped in their childhood home. (R)(HD)

7.30 Futurama Rapidly rising temperatures threaten all life on Earth. Don't panic, this not the news, it's a comedy cartoon. (R)

8.00 The Simpsons Dracula, the Wolf Man, the Mummy and Frankenstein gatecrash a party. (R)(HD)

8.30 The Simpsons Lisa becomes addicted to passive smoking. (R)

9.00 Hawaii Five-0 McGarrett and Danny find a dead body while hiking. Happens all the time. (HD)

10.00 Mad Dogs The guys flashback. (R)(HD)

11.00 Lie to Me Lightman tackles the leader of a self-help empire. (R)(HD)

12.00m't Road Wars A superhigh reading in a breathalysertest. (R)(HD)

8.15 Antiques Roadshow Sad news chaps: this is the last in the series of the cabbage-scented, old folks show. See ya!

9.00 Case Histories Jason Isaacs stars as Jackson Brodie, an investigator who seems to keep stumbling across dead bodies.

10.00 News, Weather

10.25 Moving On A couple struggling to start a family are shocked when a newborn baby is left in their care. Yeah, we strongly suggest you move on... groan! (R)

11.10 Andrew Marr's Megacities Concrete jungles or glittering high-rise wonderlands? (R)

12.15am Sign Zone: The Apprentice The candidates have to form junk-collection businesses. Just grab a load of old Amstrad computers courtesy of Lord Sugar and they're sorted, right? (R)

7.00 Top Gear Jeremy Clarkson investigates the merits of three-wheeled cars. As he discovers, there aren't many. (R)

8.00 James May's Toy Stories: The Great Train Race Something about building the longest-ever model railway track. Yeah, sounds really quite dull.

9.00 Coast Watery-witterings about the Devon and Cornwall coastlines.

10.00 Mock the Week Dara O Briain does the hosting, while guests include Seann Walsh, Chris Addison and Greg Davies. (R)

10.30 The Shadow Line Bede gets closer to exiting the drugs game. (R)

11.30 Catch a Fire **FILM** Fact-based political thriller about a South African oil worker who joins the outlawed ANC after a brutal interrogation by the police. Heavy.

1.05am BBC News 3.15 **SPORT** The Super League Show: Including highlights of Catalans Dragons v Crusaders. **3.45-6.00am** Close

7.00 The Royal A shy new student nurse is faced with a hard first day when a model collapses after taking magic mushrooms. We were almost tempted to tune in, what with the magic shrooms and models, but now we've thought better of it.

8.00 Popstar to Operastar Four more pop singers learn to perform classical songs and warble their wobbly chins like a good'un.

9.00 Scott & Bailey Female detective-based nonsense.

10.00 Popstar to Operastar: The Results The results, if you're bothered.

10.30 ITV News, Weather

10.45 Vanity Fair **FILM** Costume drama. What, you're still reading? Ok then, a costume drama based on William Makepeace Thackeray's satirical novel, set in early-19th-century London, about a poor orphan who uses her beauty and brains to rise in Regency society. Thank you, but no.

1.20am The Zone 2.00 **SPORT** Motorsport UK: Highlights of the Porsche Carrera Cup. **2.50-5.30am** ITV Nightscreen

7.00 A Place in the Sun: Home or Away A family are trying to choose between finding a new home in Lancashire or relocating to Murcia in Spain. Yeah, let's just weigh that up shall we? Tough choice!

8.00 Definitely, Maybe **FILM** Romantic comedy starring Ryan Reynolds, Isla Fisher, Rachel Weisz and Elizabeth Banks. If you want to know more, shame on you.

10.10 Monster-in-Law **FILM** Another romantic comedy. This one's got Jennifer Lopez in it, and it's about a crazy mother-in-law. Oh how you'll laugh! Not.

12.05am The World's Oldest Mums Amanda Blue meets four women who became mums when they were really old. Okidokie. (R)

1.05 Teen Horse Whisperers (R) **1.35** Swimming (R) **1.50** Cleopatra (R) **3.15** The Lost Legions of Varus (R) **4.15** Men of Iron (R) **5.10-5.55am** Countdown (R)

9.00 Collateral Damage **FILM** Action thriller starring Arnold Schwarzenegger as an American fireman (with a fantastic Austrian accent) who heads to Colombia to get revenge on the wrong'uns who killed his wife and son.

11.15 Reservoir Dogs **FILM** Quentin Tarantino's absolutely brilliant, super-violent crime thriller starring Harvey Keitel, Michael Madsen and Tim Roth as gang members recruited for a big jewel heist that goes horribly wrong. If you've not seen this, whack it on your Sky+, sit back and enjoy.

1.15am Super Casino **4.00** Bang for Your Buck **4.10-6.00am** Close

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Game Of Thrones

DRAMA Sky Atlantic/HD, 9pm
One of the best episodes of the series. Ned Stark is imprisoned, Tyrion Lannister is forced to fight in a war and Daenerys seeks out a witch. ★★★★★



Cleaner

FILM Channel 5, 10pm
Samuel L Jackson plays a crime-scene cleaner, scrubbing away blood, splattered brains and the like. Nice! But when he unwittingly mops up a murder scene, there's all sorts of trouble. ★★★



World's Craziest Fools

COMEDY BBC3, 10.30pm
Mr T's clip-show hunts out the world's biggest muppets. We pity the fool who misses it. Ahem. ★★★



6.00am Breakfast **9.15** Crimewatch Roadshow **10.00** Homes Under the Hammer (R) **11.00** Real Rescues **11.45** Cash in the Attic: Raising money for a holiday. (R) **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Escape to the Country (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link (R) **6.00** BBC News **6.30** Regional News Programmes

7.00 The One Show

The latest topical twaddle.

7.30 Saints and Scroungers

Featuring a woman who stole more than £200,000 in NHS funds. Prepare for some hearty booing!

8.00 EastEnders

Lydia reveals a secret about Janine's childhood. Born a bloke?

8.30 Can You Trust Your Bank? - Panorama

Nope. You're better off stuffing your cash down the side of the bed.

9.00 Case Histories

Jackson investigates when a body is found in novelist Martin's house.

10.00 News, Weather

10.35 A Question of Sport

Iain Dowie is amongst the guests. Mind his face doesn't break your TV.

11.05 In with the Flynns

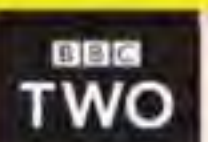
Laugh-free comedy. Avoid. (R)

11.35 The Graham Norton Show

With Tom Hanks, Simon Pegg and Nicole Scherzinger. (R)

12.25am Sign Zone (R)

1.25 Inside the Human Body (R) **2.25** Saints and Scroungers (R) **2.55** Great British Railway Journeys (R) **3.25-6.00am** BBC News



6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** The Pink Panther Show **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00pm** Only Angels Have Wings: Classic Howard Hawks drama about mail pilots stationed in South America. Starring Cary Grant. **3.00** Animal 24:7 (R) **3.45** Flog It! (R) **4.30** The Hairy Bikers' Food Tour of Britain (R) **5.15** Cash in the Celebrity Attic (R) **6.00** Eggheads (R) **6.30** Britain's Empty Homes (R)

7.00 James May's Toy Stories: The Great Train Race

The floppy-haired one attempts to build the world's largest model railway track. And this is work? (R)

8.00 Springwatch 2011

Wall to wall tits! Of the blue variety...

9.00 Terry Pratchett: Choosing to Die

The Alzheimer's-suffering author travels to the Dignitas clinic in Switzerland to investigate ending his own life.

10.00 Choosing to Die: Newsnight Debate

A studio debate covering some of the issues raised by Pratchett.

10.30 Newsnight

11.20 Richard Hammond's Engineering Connections

The pocket-sized presenter takes a look at look at the design features of Japan's ultra-speedy bullet train. (R)

12.10-3.25am BBC News



5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover (R) **3.00** Secret Dealers: The antiques experts bid for a prized Victorian ink stand. **4.00** Midsomer Murders: The body of a young man is found in a disused aircraft hanger. (R) **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale

Another round of screeching from the village of the damned.

7.30 Coronation Street

Emmerdale, but with fewer sheep.

8.00 The Dales

Tom Orde-Powlett puts on his first public falconry display. Get in!

8.30 Coronation Street

A second dose of Manc misery.

9.00 The Walton Sextuplets: Moving On

A look at the world's first surviving all-female sextuplets. Potential pub-quiz trivia to be picked up here...

10.00 ITV News, Weather

10.35 Lethal Weapon

FILM Brilliant buddy-cop crime caper with Mel Gibson and Danny Glover teaming up to take down a ruthless gang of drug dealers.

12.35am The Zone

2.40 Nightwatch with Steve Scott (R) **3.35** ITV Nightscreen **4.30-5.30am** The Jeremy Kyle Show (R)



6.00 The Treacle People (R) **6.10** The Hoobs (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **7.55** Frasier **8.55** Friends **9.25** Accidentally on Purpose **9.55** Location, Location, Location **10.55** A Place in the Sun **12.00noon** News **12.05pm** Superscrimprers **12.35** **FILM** The Kentuckian **2.35** Baking Mad **3.10** Countdown **4.00** Deal or No Deal **5.00** Four in a Bed **5.30** Come Dine with Me **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.55 4thought.tv

8.00 The Thief Catchers: Dispatches

Docu following three criminals as they take part in an offender management scheme.

9.00 Embarrassing Fat Bodies

The story of a husband and wife with a combined weight of 52 stone. One to watch through your fingers...

10.00 Premonition

FILM Daft supernatural drama with Sandra Bullock as a housewife experiences premonitions of her husband's death in a car accident.

11.50 Music on 4: The Album Chart Show: The View

The Scottish guitar-janglers chat and perform from their latest album. (R)

12.25am 4Play: Ed Sheeran

Profile of the singer-songwriter.

12.40 Poker

SPORT High-stakes card-flipping from the Caribbean Adventure PCA Bounty Shootout event.

1.35 24 Hours in A&E (R) **2.30** Embarrassing Bodies **3.25** This Is Me **3.30pm** A Midsummer Night's Dream **5.25** Grudge Match (R) **5.35-6.05am** Wogan's Perfect Recall (R)



6.00am Milkshake! **9.15** The Wright Stuff **11.05** The Hotel Inspector (R) **12.05pm** Meals in Moments (R) **12.15** 5 News Lunchtime **12.20** Law & Order (R) **1.15** Home and Away **1.45** Neighbours **2.15** The Vanessa Show **3.05** Chinese Food in Minutes (R) **3.15pm** The Elizabeth Smart Story: Drama starring Amber Marshall and Dylan Baker. **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV

7.00 5 News at 7

7.30 How Do They Do It?

Investigating the world's sharpest knives. Mind your fingers. (R)

8.00 Police Interceptors

NEW Police work with the boys in blue, now with added va-va-voom.

9.00 The Restaurant Inspector

Some more clueless restaurateurs receive a bit of expert advice.

10.00 Cleaner

MUST-SEE Cracking conspiracy thriller starring Samuel L. Jackson as a crime-scene cleaner who suspects he is part of a police cover-up.

11.50 The Cannibal that Walked Free

The case of a man who killed and ate a woman in Paris but managed to dodge prison. Mon Dieu! (R)

12.50am SuperCasino.

4.05 The Family Recipe (R) **4.10** Michaela's Wild Challenge (R) **4.35** Michaela's Wild Challenge (R) **5.00** County Secrets (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)



7pm The Simpsons

A double-bill. Woo-hoo! (R)

8.00 Stargate Universe

Rush and Eli discover drones positioned at every star between Destiny and the edge of the galaxy. Uh-oh... (HD)

9.00 Cop Squad

Cambridgeshire coppers. (HD)

10.00 Spartacus: Blood and Sand

More sex and swordplay from yesteryear. (R)(HD)

11.10 Caprica

Lacey heads to Gemenon to begin training. (HD)

12.10am Night Cops

More nocturnal police work. Expect drunkenness. From the criminals we mean... (R)

MONDAY'S SPORT

12pm European Tour Golf, Sky Sports 2 **1.55pm** International One Day Cricket, Sky Sports 2 **3pm** Live Cycling, Eurosport **6.30pm** Twenty20 Cup Cricket, Sky Sports 1 **12am** Major League Baseball, ESPN

TUESDAY'S SPORT

1.45pm Royal Ascot, BBC1 **4.55pm** UEFA Under-21s European Championship, Sky Sports 1 **7pm** UEFA Under-21s European Championship, Sky Sports 1 **7pm** Twenty20 Cup Cricket, Sky Sports 2 **NBA Basketball**, ESPN



Acting With Idris,
Lesson #1: 'Pained'

Luther

BBC1, 9pm

DRAMA

Luther (Idris Elba of *The Wire*) is back, a year after his ex was murdered, and he's got a whole new mess to deal with – a serial killer in a spooky Punch mask. Unmissable! ★★★★★



"Dr. Fuyol wants
his wig back!"

Angry Boys

BBC3, 10.30pm

COMEDY

The bad-taste mockumentary continues, as wrong 'un Daniel is throwing a farewell party for twin Nathan before he's shipped off to a school for the deaf. Oh dear! ★★★★★



Hot Tub Time Machine
gets a grot remake!

Geordie Shore

MTV, 10pm

REALITY

Another night on the Toon with the *Geordie Shore* lot. Expect more booze-fuelled carnage in this so-bad-it's-good jolt of reality TV, before the bunch head back to their hot tub... ★★★

one

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 **LIVE** Royal Ascot: The opening day of the five-day festival. 3.20 BBC News, Weather, Regional News 3.25 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 The One Show

7.30 EastEnders

Pat consoles Janine, but their reconciliation doesn't last long. Then Janine pulls out a machete, takes Pat's head clean off. Maybe.

8.00 Holby City

Dan feels uncomfortable around Malick. Maybe Malick should pull his pants up, it'd make Dan feel better. Just saying.

9.00 Luther

MUST-SEE Detective John Luther is back and is tracking a killer in a mask. We're lucky enough to have seen the whole of this series. Chaps, it's violent, twisty turny mayhem, and absolutely brilliant TV.

10.00 News, Weather

10.35 The Lock Up

Sergeant Ian Goode charges a drug addict who is facing his 40th stay in prison. Well, they certainly taught him a lesson, that's for sure. (R)

11.05 The Scheme

NEW Docu following families living on a housing scheme.

11.55 The Getaway

FILM Chase thriller remake starring Alec Baldwin and Kim Basinger. It's not good.

1.50am Sign Zone: The Animal's Guide to Britain (R) 2.50 The Country House Revealed (R) 3.50 Great British Railway Journeys (R) 4.20-6.00am BBC News

two

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 The Pink Panther Show 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 **FILM** Gunga Din: Classic adventure story set in the India of the British Raj. 2.50 Animal 24:7 (R) 3.20 **LIVE** Royal Ascot: Further coverage of the opening day of the five-day festival. 5.15 Cash in the Celebrity Attic (R) 6.00 Eggheads (R) 6.30 Britain's Empty Homes (R)

7.00 **This World: The Invasion of Lampedusa**
The impact of the Arab Spring on a small Mediterranean island. We're guessing it's hot?

8.00 Springwatch 2011

A family of foxes living at a landfill site in Essex. Blimey, they've got their own show? Is it Basil Brush?

9.00 The Country House Revealed

Dan Cruickshank visits Marshcourt in Hampshire. Yeah well we're visiting Mum and Dad in Essex, and we're not making TV shows about it.

10.00 Lead Balloon

Rick's neighbour demands a refund for an item bought from The Bargain Channel. Awkward.

10.30 Newsnight

11.20 James May's Toy Stories: The Great Train Race

An attempt to build the longest-ever model railway track. (R)

12.20-4.20am BBC News

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5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover: A home transformation in Colchester, Essex. (R) 3.00 Secret Dealers: The antiques experts bid for a couple's 1930s ceramics. 4.00 Midsomer Murders: Barnaby investigates a golf club murder. (R) 6.00 Regional News, Weather 6.30 ITV News

7.00 Emmerdale

Mia suspects Ella is up to something when she returns from town with sexy underwear and expensive perfume. Blimey, the sheep will do anything to mess with those bulls.

7.30 Animal Kingdom

The vet helps with a breeding programme for an endangered species. Well done, Mr Vet.

8.00 Countrywise

Bettany Hughes goes in search of the legend of Dracula in Whitby. Yeah, you're probably better off trying Transylvania. Just a hunch.

9.00 Baby Hospital

NEW Behind the scenes of the neonatal unit at Liverpool Women's Hospital.

10.00 ITV News, Weather

10.35 The Game

FILM Not-bad-at-all psychological thriller starring Michael Douglas and Sean Penn. A self-obsessed banker finds his life turned upside down when he begins a bizarre game.

12.55am The Zone

3.00 Crossing Jordan 3.45-5.30am ITV Nightscreen

4

Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.00 Frasier (R) 8.55 Friends (R) 9.25 Accidentally on Purpose 9.55 Location, Location, Location (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon News 12.05pm Kirstie's Homemade Home (R) 1.05 River Cottage Bites (R) 1.10 **FILM** The Riddle of the Sands 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks

7.00 News

7.55 4thought.tv

8.00 **Four Rooms**
The dealers bid on a stuffed Victorian turtle, erotic photographs, hats by Vivienne Westwood, and a Bond suit worn by Connery. Erotic photographs you say? Interesting...

9.00 The Fairy Jobmother

The jobless people in Hartlepool.

10.00 Jamie's Food Revolution Hits Hollywood

You can hardly call it a revolution as by the sounds of things, he kept getting booted out the schools.

11.05 Sri Lanka's Killing Fields

An investigation into the final weeks of the civil war.

12.10am European Poker Tour

SPORT Highlights of the competition in Berlin, featuring Peter Eastgate and Roberto Romanello.

1.05 The Grid 1.35 Ginetta 2011 2.00 Superbike 2.25 Boxing 2.50 Ironman UK 3.45 Catching the Impossible 4.35 Scrapheap Challenge 5.30-6.10am Close

5

6.00am Milkshake! 9.15 The Wright Stuff 11.05 The Hotel Inspector (R) 12.05pm Meals in Moments (R) 12.15 5 News Lunchtime 12.20 Law & Order (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 The Family Recipe (R) 3.10 **FILM** Mary and Tim: Romantic drama. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 5 News at 7

7.30 Zoo Days

Jambo the elephant calf arrives at his new home in Spain. (R)

8.00 Supersize Grime

Clean-up teams tackle the UK's dirtiest jobs. Last in the series.

9.00 CSI

Beginning a rerun of the fifth series and Grissom is in these eps. How we miss the bearded bug man. (R)

10.00 CSI

The team are called to a wedding reception after the groom's mother is found dead. Surely the future wife did it? (R)

11.00 CSI

Nick and Sara investigate a suicide. Or was it? (R)

11.55 CSI:

Four members of a suburban family are massacred. (R)

12.55am

Super Casino

4.05 The Family Recipe 4.10 Michaela's Wild Challenge (R) 4.35-6.00am (R)

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7pm The Simpsons

Lisa babysits the Flanders children for an evening. (R)

7.30 The Simpsons

Alcohol has been made illegal in Springfield. (R)

8.00 Road Wars

Daz and Rosie stop a van after a dangerous pursuit. (R)

9.00 Forrest Gump

FILM Multi-Oscar-winning tale starring Tom Hanks as a simpleton who life intertwines with US history. It's pretty darn good too. (HD)

11.45 Night Cops

Officers in Swindon are forced to make so many arrests they run out of handcuffs. (R)

12.45am Fringe

One individual has the ability to grant Peter access to the machine. (R)(HD)

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Henderson realises he's missing *The Apprentice*!

Ukraine vs England

SPORT Sky Sports 1/HD, 7pm
England look to take a big step towards the Euro 2012 finals with a win against Group B rivals Ukraine. Pining for footy? This is your fix! ★★★★★



She took safety on shoots very seriously

The Apprentice

REALITY BBC1, 9pm
This week the twerps create a men's magazine. They make one great move – putting our own Emma Frain on the cover – before realising this malarkey ain't as easy as it looks! ★★★★★



"Well, you've let yerself go since *The Matrix*, chubs!"

Predators

FILM Sky Movies Premiere HD, 10pm
A motley crew of killers including a mercenary, a sniper and a psycho end up in a mysterious jungle. Oh, and they're being hunted by Predators. Well, that sucks. ★★★

one

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 **LIVE** Royal Ascot: The second day of the festival. 3.20 BBC News, Weather, Regional News 3.25 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 The One Show

Teatime jibber-jabber.

7.30 Waterloo Road

Schoolyard shenanigans.

8.30 In with the Flynns

Half-baked comedy gubbins.

9.00 The Apprentice

MUST-SEE This week the teams are challenged to create and publish a free magazine. Watch out for Nuts girl Emma Frain on the cover of one of the two mags!

10.00 News, Weather

10.35 The National Lottery Wednesday Night Draws

Get those fingers crossed...

10.45 Not Going Out

Tim and Lee attempt to prove their masculinity. Try not to laugh... (R)

11.15 Final Analysis

FILM Iffy psychological thriller starring Richard Gere, Kim Basinger and Uma Thurman. A psychiatrist becomes a murder suspect after he has an affair with a patient's sister.

1.15am Sign Zone: See Hear (R)
1.45 Country Tracks (R) 2.45
The British at Work (R) 3.45-
6.00am BBC News

two

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.30 Daily Politics 1pm See Hear 1.30 Coast (R) 1.40 **FILM** Bringing Up Baby: Classic screwball comedy. 3.20 **LIVE** Royal Ascot: Further coverage of day two. 5.15 Cash in the Celebrity Attic (R) 6.00 Eggheads (R) 6.30 Britain's Empty Homes (R)

7.00 Escape to the Country

Property-based wrangling. Yawn.

7.30 Springwatch 2011

Liz Bonnin pokes around an Essex landfill site. Lucky old Liz.

8.30 Springwatch Unsprung 2011

Back to the studio for a debate on Liz's dump. Sorry, her discoveries at the dump. Snigger.

9.00 Wonderland - The Kids Who Play with Fire

Documentary following three children with a history of arson. Firestarters. Twisted firestarters.

10.00 The Apprentice: You're Fired!

The latest boardroom casualty gets the old point-and-laugh treatment.

10.30 Newsnight

11.20 Portillo on Salmond

Political claptrap. Bed?

12.20-3.45am BBC News.

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5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover (R) 3.00 Secret Dealers 4.00 Midsomer Murders: Barnaby investigates art forgery. (R) 6.00 Regional News, Weather 6.30 ITV News

7.00 Emmerdale

The latest non-events on the farm.

7.30 Poms in Paradise

British ex-pats Down Under.

8.00 Agatha Christie's Marple

The meddling old biddy tries to solve the riddle of a dying man's last words. Stick to Countdown dear.

10.00 ITV News, Weather

10.35 Fisherman's Friends

The story of the Cornish shanty singers, who have apparently risen to fame. We've never heard of 'em!

11.35 Baby Hospital

Inside the neonatal unit at Liverpool Women's Hospital. (R)

12.35am The Zone

2.35 **FILM** The Hindenburg: Epic drama based on the 1937 Hindenburg airship disaster. Starring George C Scott and Anne Bancroft. 4.40-5.30am ITV Nightscreen

4

6.15 The Hoobs (R) 7.05 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 7.55 Frasier (R) 8.55 Friends 9.25 Accidentally on Purpose 9.55 Location, Location, Location (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon News 12.05pm Superscrimbers 12.35 River Cottage 12.55 **FILM** Pimpernel Smith 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks

7.00 News

7.55 4thought.tv

8.00 Embarrassing Bodies: Live from the Clinic

More malfunctioning body-parts dealt with in eye-watering detail.

9.00 24 Hours in A&E

Grisly goings on from the accident and emergency department.

10.00 Desperate Housewives

Botox-enhanced pouting ahoy!

11.05 The Big Bang Theory

Sheldon bans Penny from the apartment. Has he seen what she looks like? Idiot! (R)

11.35 The Big Bang Theory

Howard becomes attracted to a woman who falls for Leonard. (R)

12.00m't Music on 4: Live from Abbey Road

Tunes from Noah and the Whale.

12.45am Friendly Fires: Video Exclusive

12.50 The Album Chart Show: Spotlight

1.05 Mercury Prize Sessions (R) 1.20 **FILM** Simone 3.20 New Love (R) 3.45 Hill Street Blues (R) 4.35 Perfect Recall (R) 5.00 Countdown 5.45-6.10am Yo Gabba Gabba! (R)

5

6.00am Milkshake! 9.15 The Wright Stuff 11.05 The Hotel Inspector (R) 12.05pm Meals in Moments (R) 12.15 5 News Lunchtime 12.20 Law & Order (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Chinese Food in Minutes (R) 3.20 **FILM** McBride: Anybody Here Murder Marty?: Crime mystery, starring John Larroquette. 5.00 News 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 5 News at 7

7.30 Pawn Stars

Brilliant! A whole programme about...oh, wait. "Pawn"? Damn...

8.00 Giant Animal Moves

Moving 20 racehorses from London to Hong Kong. Giddy-up!

9.00 NCIS

Gibbs can no longer avoid his Mexican past catching up with him. Dodgy burrito at lunch?

10.00 Law & Order: Criminal Intent

Logan investigates the murder of a police recruit. (R)

11.00 Law & Order: Special Victims Unit

The team discovers a woman's severed head. What a pain in the neck! We're here all week... (R)

11.55 Poker: Aussie Millions

SPORT Big money up for grabs at the Crown Casino in Melbourne.

12.55am SuperCasino

4.00 Meals in Moments (R) 4.10 Michaela's Wild Challenge (R) 4.55 Rough Guide to Beaches (R) 5.10 Wildlife SOS (R) 5.35-6.00am House Doctor (R)

sky1

7pm The Simpsons

Bart takes out a credit card in his dog's name. (R)

7.30 The Simpsons

More cartoon capers. (R)

8.00 Emergency with Angela Griffin

On duty with the paramedics, oh, and a fading actress. (HD)

9.00 Brit Cops: Zero Tolerance

A look at the police officers who deal with the nastiest of Britain's baddies. (R)(HD)

10.00 Fringe

Peter tries to solve the crisis that threatens to end the world. No pressure then mate. (HD)

11.00 The Chicago Code

The team run into trouble in Chinatown when the locals refuse to cooperate with an investigation. (R)(HD)

12.00m't Brit Cops: Zero Tolerance

Not so much a slap on the wrist as a boot in the groin. (R)

WEDNESDAY'S SPORT

10.30am State of Origin Rugby League, Sky Sports 1 1.45pm Royal Ascot, BBC1 7pm **MUST-SEE** UEFA Under 21s European Championship, Sky Sports 1; Twenty20 Cup Cricket, Sky Sports 2 12am Baseball, ESPN.

THURSDAY'S SPORT

10.30am **MUST-SEE** Test Cricket: England vs. Sri Lanka Sky Sports 1. 11.30am Tennis, Eurosport. 1.45pm Royal Ascot, BBC1. 3pm US Open Golf, Sky Sports 2. 3.20pm Royal Ascot, BBC2.



News that the final *Twilight* film would be released in two parts reached the lads

England vs Sri Lanka

Sky Sports 1/HD, 10.30am

SPORT The third and final Test between England and Sri Lanka gets under way at the Rose Bowl. Can Trott and Cook's big runs bring us victory? ★★★★★



No one knew who the hell the guy on the right was

The Chicago Code

Sky 1/HD, 9pm

DRAMA Another dose of hard-boiled crime-fighting in the Windy City, as the boys (and girls) in blue seek out a vicious drug dealer. ★★★★★



His kids were too dumb even to play Scissors, Paper, Stone

Lie To Me

Sky 1/HD, 10pm

FILM Fibbers beware, Cal Lightman is on the scene and he doesn't suffer porkies gladly. This week, our man meets an Alzheimer's sufferer with a whole host of skeletons in her closet... ★★★★★

one

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 **LIVE** Royal Ascot: The third day of the festival. 3.20 BBC News, Weather, Regional News 3.25 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 **The One Show**
Topical chatting that's of no interest.

7.30 **EastEnders**
The police pay Janine a visit. Well she did slice off Pat's head, right?

8.00 **Andrew Marr's Megacities**
The broadcaster rides a rickshaw taxi in Dhaka.

9.00 **Breaking into Britain**
A Panorama investigation into economic migrants who illegally enter Britain.

10.00 **News, Weather**

10.35 **Question Time**
Topical debate from Aberdeen.

11.35 **This Week**
Political plop.

12.25am **Sign Zone: Can You Trust Your Bank? - Panorama**
Probably not. (R)

12.55 **Antiques Roadshow**
Old tat from your loft. (R)

1.55 Britain's Next Big Thing (R)
2.55 Love Me, Love My Face (R)
3.55-6.00am BBC News

TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 The Pink Panther Show 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 **FILM** Holiday: Romantic comedy. 2.35 Animal 24:7 (R) 3.20 **LIVE** Royal Ascot: Further coverage of day three, including the Gold Cup. 5.15 Cash in the Celebrity Attic (R) 6.00 Eggheads (R) 6.30 Britain's Empty Homes (R)

7.00 **The Royal Academy Summer Exhibition 2011 - A Culture Show Special**
Something about the Royal Academy of Arts. Yawn.

8.00 **Springwatch 2011**
This year's animal families, including the wild inhabitants in Essex. Are they talking about TOWIE?

9.00 **The Shadow Line**
Gabriel learns the truth about Counterpoint.

10.00 **Mock the Week**
More quizfoolery with Dara O Briain.

10.30 **Newsnight**

11.20 **The Royal Academy Summer Exhibition 2011 - A Culture Show Special (R)**

12.20-3.55am BBC News

itv 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover (R) 3.00 Secret Dealers 4.00 Midsomer Murders (R) 6.00 Regional News, Weather 6.30 ITV News

7.00 **Emmerdale**
Paddy takes Rhona out for the evening. KFC or McDonalds?

7.30 **Maternity in Crisis: Tonight**
Care in maternity wards.

8.00 **Emmerdale**
Cain's pleased with himself for causing trouble between Charity and Jai; they're chickens, so they couldn't stop telling each other to cluck off! Taxi...

8.30 **Coronation Street**
Steve dupes Tracy.

9.00 **The Choir That Rocks**
NEW Doc following the largest amateur singing group in the nation with more than 8,000 members.

10.00 **ITV News, Weather**

10.35 **Piers Morgan's Life Stories: Dannii Minogue**
Interview with the former X Factor judge. It's a no from us. (R)

11.35 **Regional Programme**

12.05am **Grimefighters**
Sewer experts go underground. (R)

12.30 **The Zone**

2.35 Maternity in Crisis: Tonight (R)
3.00 ITV Nightscreen 4.30-5.30am The Jeremy Kyle Show (R)

4

7.30 Everybody Loves Raymond (R) 7.55 Frasier (R) 8.55 Friends (R) 9.25 Back to You (R) 9.55 Location, Location, Location (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon News 12.05pm Kirstie's Homemade Home (R) 1.05 Dreams of a Dinner Lady (R) 1.10 **FILM** The Fighting Seabees 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks

7.00 **News**
7.55 4thought.tv

8.00 **Help! My House Is Falling Down**
A bit of glue and sticky tape should fix it.

9.00 **Born to Be Different**
Six disabled children.

10.00 **The Sex Researchers**
NEW Docu about scientists whose findings have transformed the way people think about sex. Erm, we think that its good. Right?

11.05 **The Secret Millionaire**
An heiress examines charitable enterprises in Sheffield. (R)

12.10am **The Film Show**
Edith Bowman talks to Ryan Reynolds and Mark Strong about superhero movie Green Lantern.

12.40 **Style the Nation**
Budding stylists get busy. (R)

1.05 The Crush 2.00 The Model Agency (R) 2.55 Strange Little Girls (R) 3.15 Unreported World (R) 3.45 Dispatches (R) 4.35 Hill Street Blues (R) 5.25-6.10am Countdown (R)

5

6.00am Milkshake! 9.15 The Wright Stuff 11.05 Extreme Fishing with Robson Green 12.05pm Meals in Moments (R) 12.15 5 News Lunchtime 12.20 Law & Order (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Chinese Food in Minutes (R) 3.15 **FILM** More Than Meets the Eye: The Joan Brock Story 5.00 News 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV 6.55 News

7.00 **Cricket**
SPORT Mark Nicholas presents highlights of the opening day of the third Test between England and Sri Lanka at the Rose Bowl in Hampshire.

8.00 **Emergency Bikers**
The UK's first fire-fighting motorbike is unveiled. Not sure how that's going to work. (R)

9.00 **Extreme Fishing with Robson Green - At the Ends of the Earth**
Green is after the short-tailed river stingray (RIP Steve Irwin) before using a curried-fruit lure to catch a pacu for supper. Well that's one way.

10.00 **The Corruptor**
FILM Crime thriller starring Chow Yun-Fat and Mark Wahlberg. A cop becomes caught up in an escalating gang war. It's not very good at all.

12.10am **SCXTRA**

4.00 Meals in Moments (R)
4.10-6.00am Michaela's Wild Challenge (R)

sky 1

7pm **The Simpsons**
Mr Burns hires a new employee, who takes an instant dislike to Homer. (R)

7.30 **The Simpsons**
Homer becomes convinced he possesses healing powers. (R)

8.00 **Hawaii Five-0**
Kono uncovers the truth behind the scandal that ended her cousin's career. (R)(HD)

9.00 **The Chicago Code**
MUST-SEE Colvin fights to secure funding to equip the cops with new radios. She's sneaky. (HD)

10.00 **Lie to Me**
MUST-SEE Lightman helps a woman with Alzheimer's piece together her past. (HD)

11.00 **Martina Cole's The Take**
Little Freddie is following in his father's footsteps, revealing his sadistic side. (R)(HD)

12.00m't **Caprica**
Lacey heads to Gemenon to begin training. (R)(HD)

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Older woman. Glasgow. Foot loose and fancy free looking for fun! Text 24/7. NANCY to 68889

Elle. 37. Blond. Fun. Easy going. Single. I love being single, I don't want kids or ties. Only fun. Guys 18-30 text me I have some fantasies too. Ask me! PHOTOS. TEXT:- ELLE to 68889

Joy. Mature experienced woman. Scotland. Divorced. 40DD. Young inexperienced guys welcome. Photos. TEXT:- JOY to 68889

Jean. 60s. Swindon. Getting on a bit but I still love a bit of no strings fun! Shy guys welcome. Photos. TEXT:- JEAN to 68889

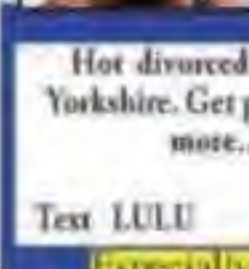


MEG. Get my pics and naughty videos. Get in contact 24/7. Text MEG to 68889

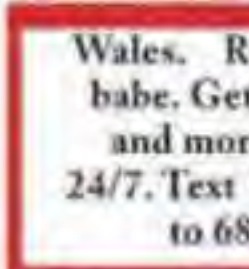
Annalise. 43. Newcastle. I am just divorced, hot and naughty! Younger guys especially wanted. TEXT:- ANNALISE to 68889

Bella. Just 19. Looking for new experiences, especially with guy same sort of age. Blond. HOT Midlands. REALLY HOT. Photos. TEXT:- BELLA to 68889

Kyli. 20 years old. Get my HOT pixs and videos. Text KYLI to 68889



Hot divorced woman in Yorkshire. Get photos and more... Text LULU to 68889



Wales. Really sexy babe. Get my pics and more! Text 24/7. Text CARRIE to 68889



MEG. Get my pics and naughty videos. Get in contact 24/7. Text MEG to 68889

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UK/London anywhere. Experienced woman. Old enough to know what I want! PHOTOS. Text GEORGIA to 68889

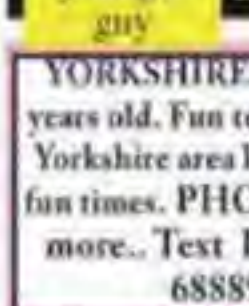
Jen. London/UK anywhere. 42. Dark blond fun divorcee likes a drink & fun. Younger guys please. TEXT:- JAN to 68889

Giulia. 63. If you love women still in their prime in their 60s, then I'm your fantasy woman! Blond. Slim. Toned. Nice figure and boobs. Gorgeous - that's me! I like wearing nice underwear & things. I'm still hot and sexy - So guys of any age text me Now! Anytime I'm up for fun! Text me 24/7! PHOTOS. TEXT:- GIULIA to 68889

Anywhere UK. (46 yrs) Experienced Desperate BIG BBW woman needs fun now. Text/contact 24/7 guys! Looking 4 fun hook ups. Younger men welcome Text JESSE to 68889



Tani. UK anywhere. 43 yrs. Photos. Text TANI to 68889



YORKSHIRE. Pixie. 18 years old. Fun teen of 18 in Yorkshire area looking for fun times. PHOTOS and more.. Text PIXIE to 68889

Tash, Glasgow (18) Nat, Midlands (19)



Get my hot pix. Text TASH to 68889



Get my hot pix and HOT videos. xxx Text NAT to 68889

Jule, UK (40)

Tara, UK (47)



Hot Single woman (40) wants to be contacted by guys 18-35 for fun easy times. Get my HOT pix and HOT videos. Text JULE to 68889



Get my hot pix. Text TARA to 68889

AS SEEN ON TV

Naughty, Southwest



Saucy older woman wants younger guy. Get my HOT pics and VIDEOS. Text BEVERLY to 68889



Hot fun girl looking for fun. Get my HOT pixs & HOT videos. Text NAUGHTY to 68889



Wales. Divorced Looking for fun. Text - BETSY to 68889



Sexy fun babe in Birmingham. Looking for fun. Photos and more. Text JENINE to 68889

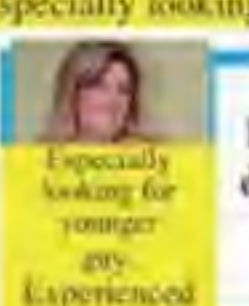
Tash, Glasgow (18) Nat, Midlands (19)



Ellen. 45. Just Divorced. Looking for fun in Scotland! Photos. Text ELLEN to 68889



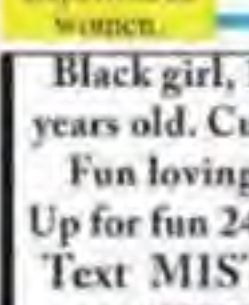
Anywhere UK. Photos and more... Text SHIRLEY to 68889



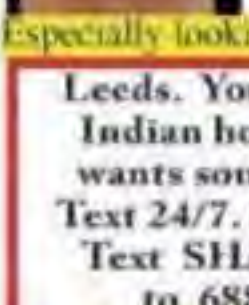
London. UK Experienced sexy JUST divorced woman looking for fun. Photos. Text- JILL 68889



Derbyshire or anywhere UK. Very mature woman. Photos. Text IVY to 68889



Black girl, 18 years old. Cute. Fun loving. Up for fun 24/7! Text MISTI to 68889



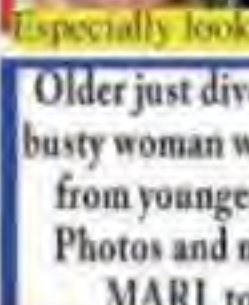
Leeds. Yorkshire. Indian hot babe wants some fun. Text 24/7. Photos. Text SHANTA to 68889



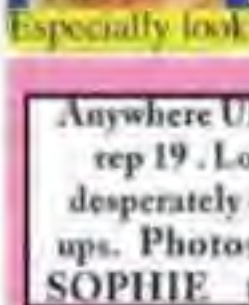
Anywhere UK OK. 51. Busty divorcee bar maid looking 4 hook ups. Photos. Text HELENA to 68889



Tanya. Older woman. Not looking for anything serious. PHOTOS. Text TANYA to 68889



Older just divorced curvy busty woman wants to hear from younger guys 18+ Photos and more.. Text MARI to 68889



Anywhere UK. Travel rep 19. Looking desperately 4 hook ups. Photos. Text SOPHIE to 68889

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0908 145 0575



SEXY CHAV BABES

Give the very best relief - mutual excitement now! Try us now & we will fulfill your dirtiest hot naughty fantasies fast!

0908 145 0579



MIND BLOWING

YOU'LL TOTALLY LOVE IT Naughty girls at home just looking to hook up with guys for the ultimate quickie session anytime!

0909 897 9412



SUPERFAST RELIEF

Are you ready to enjoy yourself cheap horny live get off. girls desperate to relieve you & their own urges xxx

0909 897 9442



HOT FETISH BABES

STRICT LADIES who love to be obeyed! Be controlled if you can handle it call now immediately. Let them use their big toys on you!

0909 897 0888



FANCY A REALLY FILTHY TIME?

Filthy babes behaving badly looking for x-rated fun from these horny little devils. Call for relief

0909 897 9333



COLLEGE GIRLS 18+ YEAR OLD CUTIES

Looking for really horny guys of any age to fill their recreation time. So willing and eager to please you and turn you on like crazy! All guys needed urgently for the ultimate get off relief anytime of the day xxx Call us now for a great time - and lets play asap xxx

EASY & CHEAP, CALL NOW- 0908 145 0582



HORNY DIVORCEE

Very attractive eager women who will always get you turned on. Get off NOW with full adult satisfaction - fancy it?

0908 145 2544



NAUGHTY WIVES

Just hungry for a really dirty wicked time with you. 100% live sexual stimulation when you need it the most! xxx

0908 145 2542



QUICK FIRE GIRLS

Sexy girls who know when its a 1min quickie session. SUPERFAST QUICKIE RELIEF just when you want it xxx

0909 897 0612



40+ FRUSTRATED AND READY

Looking for many partners, any age/size to unleash their total fantasies its live, horny & cheap!

0909 897 9405



I'LL BLOW UR MIND

Filthy thrills that'll blow your mind. If you want IT live, Call for serious fast relief now & have the best ever 121 - you'll love it! x

0908 145 2543



ONLY JUST 18+

Real hot and up for it! Home alone being naughty Eager & keen to please you right now. Prepare to be totally shocked!

0908 145 2545



RING ME, LISTEN AND GET OFF

Pleasure each other totally live for full & total relief on the cheap. Girls waiting to hear from you

0909 466 7250



HORNY GIRLS READY AT HOME

Bad girls 18+ to 75+ do the deed live in private on your phone 121. Call now for ultimate relief x

0908 145 3021



OLD BETTY 62

She loves a good time can you help? its cheap dirty action - you will get addicted. Its amazing how much you'll be turned on!

0908 145 2975



CHEAP AND LIVE

Hot intense cheap adult 121. Like minded ladies in your area craving for deep raw passion in their lives. Call them now x

0909 466 7252



SINGLE & SEXY

Hot alone and ready to give fulfillment superfast! If you want naughty babes, mature ladies, bad chicks or horny wives. Try us x

0908 145 2976



NAUGHTY DREAMS JUST FOR YOU

Looking for instant relief, call us today for a really back breaking time of sheer lust & banging relief

0908 145 3020



STUDENTS 18+

Can you handle these shocking students who will do anything and everything it takes! Use them over & over again

0908 145 0578



LUSH & LOCAL

Incredibly filthy skilled local babes ready to take a firm grip. They know just how to handle any thing you've got to give

0908 145 2974



OFFICE JUNIORS

Bored at work or very frustrated at home? Give us a call to unleash our naughty thoughts. Get off superfast in secs x

0909 466 7251



DIVORCED & SEXY

Very bad women who will do all you desire. Many horny partners needed urgently for hard play xxx Please call, available 24-7

0908 145 0577



SEXY & PHYSICAL

Easy natured hotties eager to meet guys who love to play rough. They do WHATEVER it takes to get your firm attention

0909 897 9447

SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469

Nuts PUB AMMO

A refreshing pint of top-quality facts, poured to perfection!

"Funny - Nelson's Column looks a lot different today"



It was one James Blunt song too many



"Whoever took my Quavers is about to pay - big time!"



"And now a personal favourite of mine - Killing In The Name Of"

Pigeons have a 340-degree field of vision and their brains process visual information three times faster than human brains.

If you were able to fold a piece of paper in half 50 times, it would be about 100 million kilometres thick.

The unit of measurement for shoes in the UK is the barleycorn, with three barleycorns to an inch.

A pregnant woman in the UK has the legal right to urinate in a policeman's helmet.

The medical condition in which sufferers experience a loud, non-fatal bang inside their head is called **exploding head syndrome**.

Charlie Sheen has a tattoo on his chest of a note reading "Be back in fifteen minutes".

The technical term for the fear of Friday the 13th is **friggatriskaidekaphobia**.

There's only one pub on London's Oxford Street - The Tottenham. In the mid-19th century there were 38.

The process of a human shedding their skin is called "desquamation".

In February, Ebbsfleet goalkeeper Preston Edwards was sent off after ten seconds against Farnborough, a record for a goalkeeper.

Shakira songs are banned from being played in Real Madrid's Bernabeu stadium because her boyfriend, Gerard Pique, plays for arch-rivals Barcelona.

PUB AMMO ON... JASON STATHAM



He loved admiring his elbow in the wing mirror

Another all-day session was about to end in tears

- Jason Statham finished in 12th place at the Diving World Championships in 1992.
- He recently purchased a property in California for £6.5m.
- He's appeared in two films - *Revolver* and *Crank* - in which his character has to talk to himself in a lift.
- He claims he refused the part of Neo in *The Matrix* because the fight scenes were going to be "make believe".
- *The Mechanic*, starring Jason Statham, is out on DVD and Blu-ray now.



He went to extreme lengths to hide his halitosis

Nuts Imogen



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